

Potential Benefits And Risks Of



Coconut Oil

For Children

Benefits



Serves as a good moisturizing agent

Helps in preventing tooth decay and other dental problems



Helps moisturize the scalp and reduces lice

Acts as a natural insect repellent

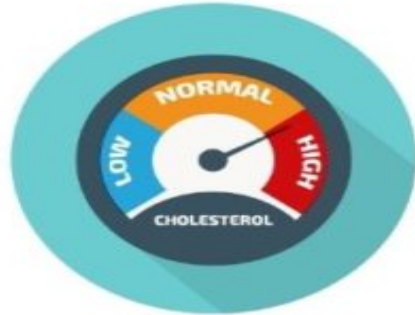


Risks



May cause allergic reactions, especially in children with peanut allergy

Elevates cholesterol levels when consumed



Might increase the risk of cardiovascular diseases in the long run

May cause mild diarrhea if consumed in excess



Reference:

- Coconut oil consumption and cardiovascular risk factors in humans; Nutrition reviews; NCBI
- Daily Consumption of Virgin Coconut Oil Increases High-Density Lipoprotein; NCBI