

IN FILIPINO DIET

Nutritive Value Of Coconut

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ABOUT a year ago I spoke on the radio regarding the good qualities of our good friend, Mr.

Coconut. To show the value of proper nutrition, I pictured a woman "with a flight of double chins, and who waddles through a room instead of walking across it." Tonight, I have brought to you her sister "Skinny". You can picture her to yourselves. She is all bones, whether she is tall or short, her waistline is so small you can encircle it with your two hands. She looks fragile so much so that you feel that a strong windy blast may carry her off any minute. She is flat chested, with high cheek bones, and her arms and legs dangling like a twine of rope suspended from a flag pole. To put some flesh into this walking skeleton is bound to be a nutritional achievement and here is a steady job for Mr. Coconut.

It was sheer luck which took me to the Bureau of Animal Husbandry on a morning when one of the doctors was cutting up a hog which had been on a hundred per cent coconut diet for some time.

The doctor told us that it was an experiment which they had undertaken to determine whether coconut, being as cheap as it is, could be utilized in hog-raising intended for hams and bacon. He cut up the

hind legs for the ham, he trimmed the flank for the bacon and there was our coconut fed hog with practically no steaks of pink, almost pure white fat clear through to the skin with only a very thin streak of lean meat. It's no "go" for sure in hog raising, but it is never wise to live on a one-sided diet. But to one on a fattening diet it would be very effective. If we were to put "lanky bones", whether child or adult on a coconut rich diet, couldn't we expect similar results from the experiment? This statement is not without a scientific basis. It is a fact, that granted a perfectly normal body free from parasites and a will power exerted to the utmost in the desire of increasing one's weight, coconut would be a perfect ally of milk, eggs, cod

Coconut Oil As A Shortening

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Our recent experiments proved that COCONUT OIL may be satisfactorily used as a substitute for expensive shortenings.

We found that an average nut when grated measures about 3 cups and gives about 1/3 cup of oil. If pandan leaves, grated lemon, orange or lime peel is added to the COCONUT milk while it is being made into oil, the natural COCONUT OIL flavor is masked. Cakes made with this oil are very palatable and cannot be distinguished from "butter cakes" baked with butter.

Dozens of experiments in butter cake baking were performed using the COCONUT OIL as shortening. Some of these were flavored with caramel, with coffee, with chocolate, with vanilla, and in all cases, when compared with those made with butter or other expensive shortenings, the samplers all agreed that the cakes baked with the COCONUT OIL cannot be distinguished from those baked with butter.

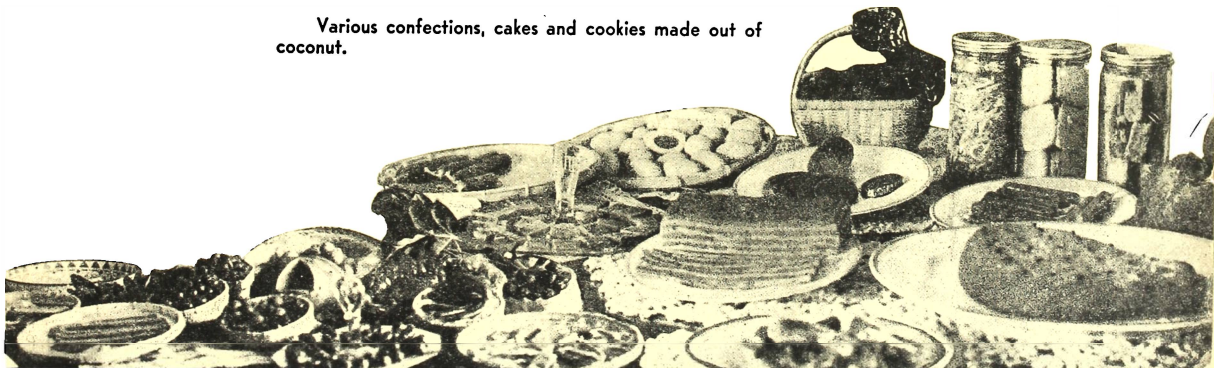
The procedure used in baking with the CO-

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liver oil, whole cereals, fruits and vegetables.

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Various confections, cakes and cookies made out of coconut.



ROLE OF COCONUT . . .

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90 coconuts per capita are consumed annually in the Philippines compared with 150 per capita in Ceylon. The importance of utilizing coconut as a supplementary food in our daily diet may be summarized as follows: First, and foremost, the contribution of fat to the diet, is considerable. If we take into consideration that the main defect of Filipino diet is the low fat intake, the increase consumption of coconut oil or fat by our people will supplement this deficiency. Furthermore, fat as you all know, is high in caloric value. One gram of fat yields 9.3 calories, compared with 4.1 calories for each gram of either carbohydrate or protein. This country is importing fat for food purposes to the value of many thousands of pesos annually. A large part of this amount can be saved by utilizing coconut fat and oil as food in our daily meals. Second, coconut provides, biologically, good protein, some carbohydrates, particularly sugar, and little water soluble vitamins B and C in toddy. On the other hand, it contributes little or none of the fat-soluble vitamins and mineral salt requirements of diet, which must be provided by other foodstuffs particularly milk and eggs.

I believe the great majority of our people are yet to realize the value of good nutrition. Somehow or some way, as a nation, we have to adjust our food habits and our diets to the newer knowledge of nutrition. This adjustment, even if it takes a long time to filter through the entire population should be continued.

We need to make the Filipino people nutrition-conscious in terms of nutritional science of today. If the great mass of our people could be brought to understand the relatively simple, basic principles of the modern science of nutrition and understand our deficiencies, the unsatisfactory nutritional status of no less than 50 per cent of our population may be improved.

The human resources of the nation must be maintained to a high degree of reserve status, so that it can give its best if called upon in time of emergency and national crisis. If this nation should be forced into war, it is absolutely necessary that every man, woman and child in this country should be prepared by being in the best physical and mental condition to maintain, preserve and defend our democratic ideals. We can only accomplish this if our people are properly fed.

NUTRITIVE VALUE . . .

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One of the facts known about coconut is its oil content. A single mature coconut yields in oil alone about 116 grams or in terms of calories about one thousand and forty-four calories. From its protein we could get sixty calories and from its sugar content about forty-two calories. This gives us a total of one thousand two hundred and forty-six calories. Each person requires a particular amount of food for perfect health and vigor—which means so much in terms of calories. We take any person and knowing his age, height and occupation, we determine the total calories required. Let's take a girl of eighteen, five feet two and we know that she needs from 1,800 to 20,000 calories from food a day. If she is "skinny," she is probably twenty or thirty pounds underweight. If she took to eating any of the varied coconut confections, she would be getting additional calories not only from the coconut itself but also from the sugar used in the confection. She might take her coconut in the form of a refreshing glass of the young spoon or "buko" and taken three or four times daily this would insure her the much needed additional calories.

To a thrifty housewife with the limited allowance of sixty cents, eighty cents or even a peso a day, this food is certainly a God-send. For every two or three centavos invested in a coconut she gets one thousand and two hundred calories. A tablespoon of the coconut eaten with our rice cakes could give us two hundred and eighty-four calories. In preparing diets for our poorer classes we have found the greatest problem in providing sufficient calories for the whole family. There are usually so many members, and a family of twelve living on sixty centavos a day finds a great difficulty in adjusting food needs with the money on hand. Where one half of the money is spent for rice, the three centavos spent for coconut could give her as much heat as five pork sausages which might cost her from eight to ten centavos.

In case of emergency, the coconut would be a worthy substitute for whatever we may have to forego. The other speakers have given you all plenty of things to think about and so, I close asking all to join hands together in building up our youth with proper food habits and urging them to maintain the attitude that whatever eventuality may take place, it shall be faced with faith and courage.