

How much Coconut oil?



- Step 1** – For the best quality, buy organic unrefined virgin coconut oil. There are many good brands in stores and online. Can eat raw from a spoon or in foods.
- Step 2** – Start with ½ teaspoon 2 or 3 times daily with food to avoid vomiting &/or diarrhea. If that happens, start with a smaller amount and increase slowly.
- Step 3** – If tolerated, begin to increase by ½ teaspoon per serving every 3 or 4 days.
- Step 4** – For prevention, aim for 2 or 3 tablespoons daily. For people with memory concerns, aim for 3 to 6 tablespoons per day or more if tolerated.
- Step 5** – Optional: Mix MCT oil with coconut oil for higher ketone levels and longer duration (see FAQ for more info). Look for certified organic MCT oil made from coconut oil.

Easy Recipe (makes 7 ounces of the MCT/coconut oil mixture):

1. Place 3 ounces of coconut oil in an 8-ounce glass measuring cup.
2. Place cup with oil into a pan of hot water to melt the oil; OR place cup with oil in the microwave for 10 seconds at a time until melted.
3. Add 4 ounces of MCT oil to bring total oil up to 7 ounces.
4. Store at room temperature in a glass container, such an MCT oil bottle.

Food Ideas:

- Use coconut oil instead of or with butter on vegetables, or a small portion of sweet potato, whole grain rice, or oatmeal.
- Mix coconut oil into your favorite casserole, soup, stew, or chili.
- Using low to medium-low heat, cook eggs, vegetables, or anything else you like to sauté with coconut oil on the stove.
- Use coconut oil in place of other oils and fats for baking up to 350°F (175°C).
- Add the MCT oil/coconut oil mixture or coconut milk to smoothies, yogurt, cottage cheese, ricotta, milk, buttermilk, or kefir.
- Drizzle the MCT oil/coconut oil mixture on salad.