

**Better Homes and Gardens.**

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BETTER HEALTH

WHAT'S THE DEAL WITH...  
**coconut oil?**

Once given a bad health rap, this oil is making a comeback.

For decades, we were told to avoid coconut oil because of its saturated fat. But now some experts are saying it actually has health perks.

■ **Why has the thinking changed?** About half the saturated fat in coconut oil is a type called lauric acid, which appears to not be harmful like other saturated fats, and possibly have health benefits. For example, lauric acid converts to a compound that may help boost immunity, says Mark Hyman, M.D., director of the Cleveland Clinic Center for Functional Medicine and author of *Eat Fat, Get Thin*.

■ **What makes it unhealthy?** Many nutritionists warn that coconut oil is still loaded with the type of saturated fat that can raise your cholesterol and heart disease risk. And it has more saturated fat than olive, peanut, and other nut oils.

■ **Bottom line** Just as you would with any oil, use coconut oil in moderation, and go with one that's virgin. (Check labels.) That means it's the least processed.

—Barbara Brody



COCONUT OIL IS SOLID AT ROOM TEMPERATURE.



**UNDER COVER**

**Fashion meets function:  
Stylish new finds strengthen your defense against sunburn.**

When it comes to protecting your skin against sun damage and skin cancer, sunscreen is a must. If you're going to be outside for most of the day, consider adding an extra layer of insurance. While a white T-shirt gives you a little protection, clothing with a UPF (ultraviolet protection factor) rating of 50+ has been certified to block more than 98 percent of UV rays.

How it works: UPF clothing blocks rays via a tight fabric weave and also sometimes a chemical UV filter, says Ava Shamban, M.D., a dermatologist in

Los Angeles. And now you don't have to look like you're in head-to-toe hiking gear to get the benefit. Designers are busting the stereotypes with cute options. Here are a few of our favorites:



**DRESS**  
Your Perfect Chambray Shirt Dress, \$134.40 with code BHG20; [yoursummer.com](http://yoursummer.com)



**COVER-UP**  
Donna's Perfect Dress, \$55; [spfaddict.com](http://spfaddict.com)



**WIDE-BRIM HAT**  
Fiona Hat, \$34; [sundayafternoons.com](http://sundayafternoons.com) ■