nutiva
NOURISHING PEOPLE & PLANET ®

USDA ORGANIC

ORGANIC EXTRA VIRGIN COCONUT OIL

World's Best Cooking Oil

Expeller-pressed

Method	Color When Solid	Flavor and Aroma	Process Temperature	Comments
Dry Expeller Pressed Extra-Virgin Coconut Oil	White	Smooth, slightly sweet coconut flavor/ light aroma	< 170° F	Fresh coconut meat is ground and conveyed through a hot-air dryer, then cold-pressed.
Dry Refined, bleached and deodorized	White/ Yellowish	No odor or flavor	> 220° F	Produced from weeks or months old sun-or fire-dried coconut meat (copra), which is then refined, bleached, and deodorized to remove off-flavors.
Wet Centrifuged (Cold) Extra-Virgin Coconut Oil	White	Light coconut flavor/light aroma	< 118° F	Fresh coconut meat is made into milk, utilizing the centrifuge process to separate the oil. Oil is removed within several hours of shelling.
Wet Village Scale, Fermented Extra-Virgin Coconut Oil	White	Sour coconut flavor/light to strong aroma	Fermented at ambient temperatures; sometimes heated	Fresh coconut meat is made into milk, stored for 10-24 hours during which the water portion is fermented and then oil is skimmed off.

1% of sales donated to sustainable agriculture