

# Coconut Cream

## Did you know?

- Coconut products like coconut cream and coconut milk are naturally high in fat
- A healthy diet should contain only small amounts of fat
- Having too much fat in your diet will result in weight gain

## How can I use less?

- Dilute coconut cream and coconut milks with milk or water  
Use low-fat milks (light blue or green top are both good choices)

### Can't get the same consistency?

- Thicken diluted coconut milk with cornflour
- Before adding the cornflour mix it with cold water until it is watery
- The coconut milk will thicken once heated

**Aim to reduce your use of coconut cream to one meal or dish each week**

## Do it gradually...

It's a good idea to gradually dilute coconut cream and coconut milks over time. This way your family can adjust to the flavour.

- Over a month aim to use less coconut cream
- Work towards using half coconut cream and half low-fat milk in meals and dishes

**You will be surprised at how quickly your taste buds will adapt**

## Compare the amount of fat in 1 cup:

Coconut cream (250ml)	17 teaspoons
Coconut milk (250 ml)	12 teaspoons
50% coconut cream, 50% light blue milk (250ml)	9 teaspoons
50% coconut cream, 50% water (250ml)	8.5 teaspoons



### Auckland Regional Public Health Service

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