

Fibre Assists Weight Management

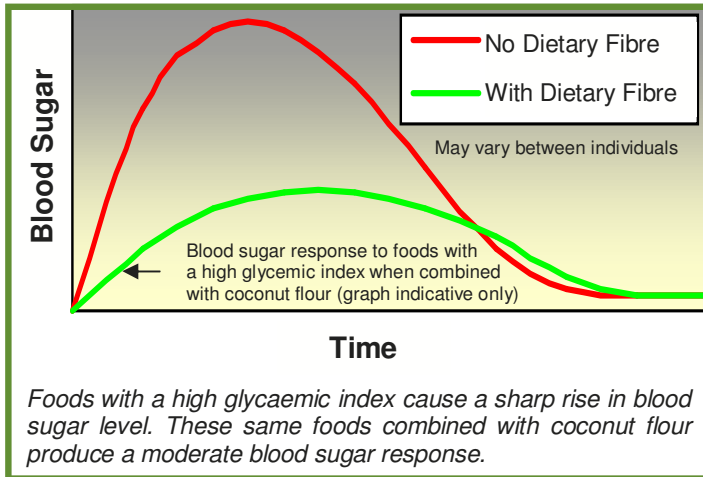
Since you cannot digest dietary fibre, you do not derive any calories from it. Fibre absorbs water like a sponge, helping to fill the stomach and to produce a feeling of fullness. It also slows down the emptying of the stomach, which maintains the feeling of fullness longer than do low-fibre foods. As a result, less food and fewer fat-promoting calories are consumed.

Studies have shown that consumption of an additional 14 grams of fibre a day is associated with a 10 per cent decrease in calorie intake and a loss in body weight.

Blood Sugar and Diabetes

Blood sugar is an important issue for anyone who is concerned about heart disease, overweight, hypoglycaemia, and especially diabetes because it effects all of these conditions.

Diabetics are encouraged to eat foods that have a relatively low glycaemic index. The glycaemic index is a measure of how foods effect blood sugar levels. The higher the glycaemic index, the greater the effect a particular food has in raising blood sugar.



Diabetics need to eat foods with a low glycaemic index. When coconut flour is added to foods, including those high in starch and sugar, it lowers the glycaemic index of these foods. This was clearly demonstrated by T. P. Trinidad and colleagues in a study published in the British Journal of Nutrition in 2003. In their study, both normal and diabetic subjects were given a variety of foods to eat. These included muesli bars, carrot cake, and brownies—all foods that a diabetic normally limits because of their high sugar and starch content. It was found that as the coconut flour content of the foods increased, the blood sugar response of the diabetic and non-diabetic subjects became nearly identical. In other words, coconut flour moderated the release of sugar into the bloodstream so that there was no spike in blood glucose levels.



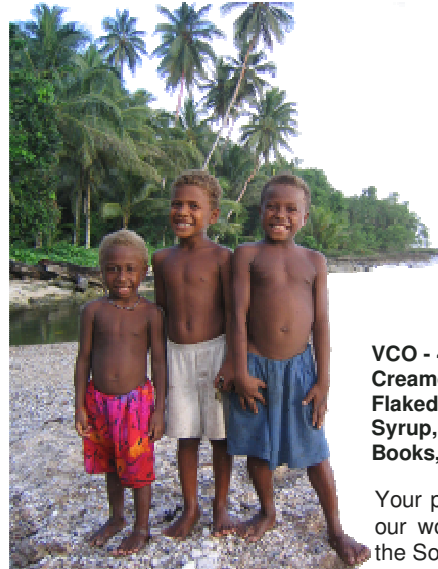
DME® EXTRA VIRGIN COCONUT OIL

Making Poverty History

Kokonut Pacific invented Direct Micro Expelling (DME®) technology for producing virgin coconut oil and sells the oil under our own brand name “Niulife”

Cold-pressed by villagers within one hour of opening a coconut, **Niulife certified organic extra virgin coconut oil** is a premium, Fair Trade eco-product, supporting island peoples and their environments. ‘Niu’ (pronounced “new”) means ‘coconut’ in Polynesia. Twelve fresh coconuts make one litre of Niulife coconut oil.

Use it for your daily cooking and body-care needs and discover for yourself one of nature’s most amazing health foods.



VCO - 400ml & 750ml jars & bulk;
Creamed Coconut, Desiccated &
Flaked Coconut, Coconut Sugar,
Syrup, Sauce & Vinegar, Pet Oil,
Books, Soaps, Lip Balms & more

Your purchase helps us to continue our work with rural communities in the Solomon Islands.

Available from

Kokonut Pacific Pty Ltd
2/34 Silva Ave, Queanbeyan NSW 2620
PO Box 4088 Hawker ACT 2614 Australia
Ph: 02 6297 0268 Fax: 02 6297 0270
Email: sales@kokonutpacific.com.au

www.niulife.com



Join [facebook.com/niulife](https://www.facebook.com/niulife) for the latest news, recipes, testimonies, research, producer stories, etc.



COCONUT FLOUR

Certified Organic & Natural

Contains no fillers, gluten, grains or soy



Eating enough fibre is always a challenge.

With **gluten-free coconut flour** there is a **low-GI, low-carb, high-fibre** solution that tastes great!

www.niulife.com

High Fibre for Good Health

According to The Australian Heart Foundation **most Australians need to increase their fibre intake.** (The average adult consumes 18–25g compared to the recommended 30g.)

(See paper on fibre at www.kokonutpacific.com.au/pdf/Fibre_in_food.pdf)

Fibre can improve digestion, help regulate blood sugar, protect against diabetes, help prevent heart disease and cancer, and aid in weight loss.

Coconut flour contains soluble and insoluble fibre, both of which are important to a healthy diet. Coconut flour has the highest fibre content of any flour and the lowest amount of digestible carbohydrates, fewer even than most vegetables. (Carbohydrates mainly composed of fibre are not absorbed by the body.)

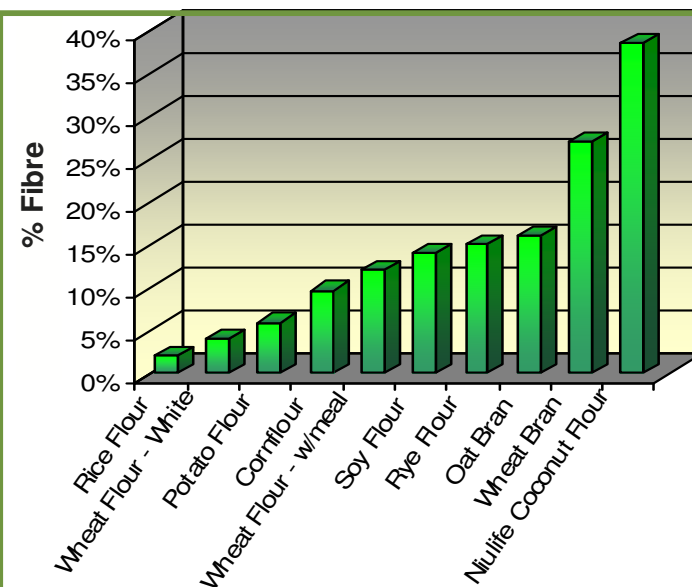
Coconut flour is also free of nutrient-binding Phytic Acid (often called an anti-nutrient) - a problem with grain-derived fibre.

Australian scientists from the Garvan Institute say that insoluble dietary fibre, or roughage, not only keeps you regular but also plays a vital role in the immune system, keeping certain diseases at bay.

The indigestible part of all plant-based foods pushes its way through most of the digestive tract unchanged, acting as a kind of internal broom. When it arrives in the colon, bacteria convert it to energy and compounds known as 'short chain fatty acids'. These are already known to alleviate the symptoms of colitis, an inflammatory gut condition.

Regular use of Coconut flour is an excellent way to increase your daily fibre intake. Just two level tablespoons a day will give you an additional 8 grams of fibre. (It is best to build up gradually.)

Enjoy it as a protein-packed porridge; add a spoonful to your breakfast cereal and to smoothies; or simply sprinkle it over your food. Use it to bake delicious muffins, biscuits, cakes and breads.



At almost 40% fibre, coconut flour has more fibre than wheat or oat bran and ten times more than rice flour.

Gluten-free balanced protein

Coconut Flour is a rich source of balanced protein **containing all 8 essential amino acids.** With almost 20% protein it has far more than wholemeal grain flours do and none of the gluten. This is great news for those who have developed an allergy to gluten or a sensitivity to wheat.

In an attempt to solve the problem of gluten intolerance and food allergies food manufacturers have developed a variety of wheat-free or low-carb breads and flours made from soy, beans and nuts. Many of these alternatives to wheat are expensive and don't taste good unless they are loaded with flavour enhancers and sweeteners. Coconut flour is a much better and far healthier alternative.

About Niulife Coconut Flour

Niulife **Certified Organic** coconut flour is made in the Philippines by finely milling the meal that remains after Virgin coconut oil (VCO) is pressed from fresh desiccated coconut. This coconut flour has almost 40% fibre, 20% protein, 10% oil and 8% sugar. These give it both fabulous flavour and great nutritional value.

Some coconut flour is made by milling the meal remaining after pressing out coconut cream. While having a higher fibre content, most of the protein, sugars and VCO are removed with the coconut cream, so this flour has much less flavour and a lower nutritional profile than Niulife coconut flour.

While Bruce's book was written using flour made by the coconut cream process his recipes taste even better and are more nutritious when made using Niulife coconut flour.

Coconut flour has a similar consistency to wheat flour. Use 15-25% in place of other flours in **standard recipes.** It bakes up beautifully in **specialty formulated 100% coconut flour recipes** for breads, muffins, cakes and biscuits.

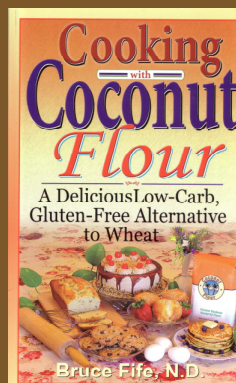
Cooking with Coconut Flour: A Delicious Low-Carb, Gluten-Free Alternative to Wheat.

By Bruce Fife, N.D.

Coconut flour is a delicious, healthy alternative to wheat. It is high in fibre, low in digestible carbohydrate, and a good source of protein.

These coconut flour recipes are designed with your health in mind. Every recipe is completely free of wheat, gluten, soy, trans fats, and artificial sweeteners. Coconut is naturally low in carbohydrate, and recipes include both regular and reduced sugar versions.

Coconut flour provides many health benefits. It can improve digestion, help regulate blood sugar, protect against diabetes, help prevent heart disease and cancer, and aid in weight loss.



Bruce Fife's Coconut Flour Recipes

CHOCOLATE BROWNIES

100 grams dark cooking chocolate
 ¾ cup Niulife coconut oil or butter
 6 eggs
 1 cup Niulife Coconut Sugar (or cane sugar)
 ½ teaspoon vanilla
 ¾ cup sifted Niulife coconut flour
 ½ teaspoon salt
 ½ teaspoon baking powder
 1 cup walnuts or pecans chopped (optional)

Melt chocolate & coconut oil together.

Remove from heat.

Mix in sugar, eggs, and vanilla.

Stir in remaining ingredients.

Spread in a greased and lightly floured or lined 27 x 18 x 4cm slice tin.

Bake at 175°C (350°F) for 30 minutes.

Cool then cut into 4cm squares.



Best Ever FRUIT & NUT CLUSTERS

These biscuits make an excellent nutty snack. Use mixtures of different nuts & seeds, such as sesame, pumpkin, or sunflower seeds, almonds, pecans, walnuts, & hazelnuts.

¼ cup Niulife coconut oil or butter, softened
 ¼ cup plus 2 tablespoons sifted coconut flour
 ½ cup peanut butter*
 ½ cup honey
 ¼ teaspoon salt (optional)
 ½ cup flaked coconut
 ½ cup mixed nuts or seeds
 ½ cup raisins or dried fruit

Mix peanut butter, honey, coconut oil & salt together.

Stir in coconut flour & mix thoroughly. With your hands work in flaked coconut, nuts, & raisins.

Roll mixture into 3 - 4cm balls, place on a greased biscuit tray.

Flatten balls to a diameter of about 5cm.

Bake at 180°C (360°F) for 10 - 12 minutes or until golden brown. When hot, cookies are soft & crumbly so allow to cool for a few minutes before removing from tray. Makes about 18 biscuits.

*In place of peanut butter you may use raw almond, macadamia, cashew or other raw nut butter.



HAWAIIAN MUFFINS

4 tablespoons Niulife virgin coconut oil or butter, melted
 6 eggs
 ½ teaspoon onion powder (optional)
 ½ cup sifted Niulife coconut flour
 1 cup grated tasty cheese
 1 cup diced ham
 1 cup crushed pineapple (well drained)

Mix together eggs, oil and onion powder.

Stir in coconut flour until there are no lumps.

Fold in cheese, ham and pineapple

Fill muffin cups (lined with muffin paper) with batter.

Bake at 205°C (400°F) for 18 minutes. Makes 8-10 muffins.

For more recipes visit
www.niulife.com

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