

## Coconut Oil vs Olive Oil (vsdiff.com)

Feature	Coconut oil	Olive oil
Dominant fatty acids	High in <i>saturated fats</i> , notably <b>lauric acid</b>	High in <b>monounsaturated fats</b> , especially <i>oleic acid</i>
Typical smoke point	Refined ~200-205°C (approx. 390-400°F); unrefined ~170-180°C (approx. 340-355°F)	Extra virgin ~160-190°C (approx. 320-375°F); refined/olive oil blends higher
Flavor & texture	Noticeable <b>coconut aroma</b> ; solid below ~24°C (room-dependent)	Fruity to peppery (esp. extra virgin); remains <b>liquid</b> at room temperature
Common culinary uses	Baking, medium-heat sautéing, some confectionery where coconut note is desired	Dressings, low-to-medium heat sautéing, finishing, Mediterranean-style cooking
Typical shelf life (sealed)	Approximately 1-2 years depending on refining and storage	Approximately 12-24 months for extra virgin if stored cool and dark
Typical processing forms	Virgin (cold-pressed), refined (bleached/deodorized)	Extra virgin (cold-pressed), virgin, refined

Source: <https://vsdiff.com/coconut-oil-vs-olive-oil/>