

Coconut oil

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Coconut oil

Fat pressed from coconut flesh, almost entirely saturated. Saturated fat is what resists rancidity, and it is why this oil outlasts the seed oils around it.

How long it keeps

Unopened, this keeps **3 years** — which is what puts it on [the long shelf](#).

As sold	Unopened, in the cupboard	Once opened
as sold	3 years	—

Counted from the date on the package. Figures are the **USDA FSIS FoodKeeper** table's, for unopened storage at room temperature; FoodKeeper counts a month as 30 days.

The table was not pulled from USDA — fsis.usda.gov answers 403 to non-browser clients from this machine — so it came from a mirror of the data.gov dataset and its vintage is unverified. Treat a single figure as indicative, not as a use-by date.

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