

COCONUT WATER: WILL IT BE A GRAND REFRESHMENT?

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Most of the common drinks available in the market have processed with artificial chemicals. Some of those chemicals such as preservatives, flavors are harmful to human health. Researchers have proved the kinds of toxic effects of such chemicals on human health. Under these circumstances, scientists have diverted their vision toward food safety, preservation and processing with environmental friendly methods. Naturally available coconut water is a good substitute for artificial drinks.



Composition and nutrients of coconut water

Tropical countries like Southeast Asia, Pacific countries, Caribbean, Africa and Brazilian coast are the main producers of the fresh coconut water from the inside of the young coconuts. King coconut and normal coconut water are the main categorized species while king coconut water is sweeter than normal coconut water. Fresh coconut water is harvested from the tree at the young stage of coconut while pH exits between 4.0 to 5.0. This young coconut water has been popular among the world as natural drink. Preservative methods are being used to preserve samples for 1-2 months which are not harmful to human health. Nutrition and composition of coconut water have gained interest due to its nutrients and its nature of energetic refreshment. The presence of vitamins, minerals, antioxidants, amino acids, enzymes, growth factors, and other nutrients gives an additional value to coconut water (Freelance, 2014).

**Nutrition Facts of Coconut Water: (USDA Nutrient Database)-
Value for 100 g**

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|---------------|-----------|
| Energy | 354 (cal) |
| Sugars | 6.23 |
| Dietary fiber | 9.00 |
| Carbohydrates | 24.23 |
| Water | 47.00 |
| Protein | 3.33 |
| Fat | 33.49 |
| Magnesium | 32.00 |
| Zinc | 1.10 |
| Iron | 2.43 |
| Potassium | 356.00 |
| Calcium | 14.00 |
| Vitamin C | 3.30 |

Healthiest effect

Coconut water is being used as sport and natural drink due to its high content of minerals such as Potassium(K) and Sodium(Na). Some research has revealed that electrolyte level of the coconut water is equal to that of human body. Furthermore, research shows that coconut water can improve blood circulation, lower elevated blood pressure and reduce the risk of heart attacks and strokes. Cholesterol free coconut water gets a priority as a health drink when compared with other drinks. Medical researchers have revealed that coconut water is very effective to dissolve kidney stones and is able to clean urinary and reproductive systems

(Lee, 2014). It is believed that coconut water can be substituted for saline water.

Why don't you adapt to such valuable drink rather than poisonous artificial drink? Don't be late, as soon as move your life towards the healthiest.

References:

- Christina. L. Freelance (2014). Is coconut water good for you? <https://www.bodyandsoul.com.au> (January 08, 2014)
- Lee, L. (2014) Vital Information about coconut, <https://www.litalee.com> (March 03, 2014)