

NUTRITIONAL HEALTH BENEFIT OF COCONUT (*COCOS NUCIFERA*) WATER

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Received: 16 February 2018, Revised and Accepted: 28 March 2018

ABSTRACT

Coconut is one of the most valuable foods known to humankind, and the various edible products of coconut palm only enhance the importance of this remarkable tree, and it is widely distributed in the tropics. This paper gives an insight into the nutrition and health benefits derived from coconut water. The lauric acid present in coconut water has antifungal, antibacterial, and antiviral properties, which boost the body's immune system. It improves digestion and absorption of other nutrients. The potassium and magnesium benefit blood pressure and heart functions. Above all, it contains lower calories.

Keywords: Coconut water, Antifungal, Antibacterial, Antiviral properties.

INTRODUCTION

According to Ihekoronye and Ngoddy [1], the scientific name of coconut is *Cocos nucifera*. Early Spanish explorers called it Cocos, which means, "Monkey face" because the three indentations (eyes) on the hairy nut resemble the head and face of a monkey. *nucifera* means nut bearing.

Coconut provided a nutritious source of meat, juice, milk, and oil that has fed and nourished populations around the world for generation.

Coconut juice is highly nutritious and rich in vitamins and minerals. It is classified as a functional food because it provides many health benefits beyond its nutritional content [3]. Tender coconuts are one of the richest sources of electrolytes, chlorides, potassium, and magnesium with some amount of sugar and protein. The potassium content benefits blood pressure and heart function. Coconut water is also found to have dietary fiber, manganese, calcium, riboflavin, and Vitamin C.

Vita Coco 100% young green coconut water (juice)

Young green coconut water is a perfect medium for fermenting the different probiotic cultures from the body ecology diet as well as having many benefits on its own as documented below. Once fermented the coconut water becomes a powerful probiotic food with numerous health benefits.

Vita Coco is 100% young green coconut water with nothing added or taken away. This unique product the same as you would get from a fresh young green coconut known throughout the world for its health benefits.

Some information about natural coconut water from the young green coconut, "Coconut" water is the very stuff of nature, biologically pure, full of natural sugars, salt, and vitamins to the ward off fatigue and is the next wave of energy drinks. But "Natural" according to Mortin Satin Chief of the United Nation's Food and Agriculture Organization. Coconut water contains medium chain triglycerides, which actively promote weight loss.

- Coconut water is more nutritious than whole milk - less fat and no cholesterol
- Coconut water is more healthy than orange juice - much lower calories
- Coconut water is better than processed baby milk - it contains lauric acid, which is present in human mother's milk
- Coconut water is naturally sterile - water permeates through the filtering husk!
- Coconut water is a universal donor - its identical to human blood plasma

- Coconut water is a natural isotonic beverage - with the same level of electrolytic balance as we have in our blood. It is the fluid of life, so to speak. In fact, during the Pacific War of 1941-1945, both sides in the conflicts regularly used coconut water - siphoned directly from the nut - to give emergency plasma transfusions to wounded soldiers.
- Coconut water contains more potassium (at about 294 mg) than most sports drinks (117 mg) and most energy drink.
- Coconut has less sodium (25 mg) where sports drinks have around (41 mg), and energy drinks have about 200 mg!
- Coconut water has 5 mg of natural sugars where sports and energy drinks range from 10 to 25 mg of altered sugars. Data are based on a 100 ml drink.

All natural coconut water from the young green coconut

- Want to rehydrate?
- Raise your metabolism and boost your immune system?
- Cleanse your digestive tract?
- Detox and fight viruses?
- Balance your pH and reduce risk of cancer?

Coconut water

Coconut water has been used for rehydration and as a health and beauty aid in tropical regions around the world for centuries. Many people know of the healing benefits of coconut oil. Coconut water now joins the pantry's cabinet. Coconuts are antiviral, antifungal, and antimicrobial. Other uses are as follows: Mix coconut water with other juices for a tasty blend that increases the health benefit and decreases the amount of calories and sugars in your drink. Boost the benefits and cut the sugar of the fruit juice by adding Vita Coco coconut water. For your health, coconut water is as follows:

- Rehydrates naturally, free of added sugars or chemicals
- Lowers arterial pressure
- Eliminates swelling in hands and feet
- Normalizes the intestinal function and raises metabolism
- Relieves spasms and stomach pain
- Ease burns
- Heals damage induced by antibiotics and toxins in the digestive tract [2].

Health benefits

Indigenous people of tropical countries relied on natural plants for their medicine. Young coconut juice is literally a well-supplied medicine chest that comes in its own container and is used in folk healing for a number of ailments: Relieving fevers, headaches, stomach upset, diarrhea, and dispensary. The juice is also given to strengthen the heart and restores energy to the ill. Pregnant women in the tropics eagerly drink large

