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Health Spotlight
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Superfoods: Coconuts

Recently coconuts, coconut milk and coconut water have been gaining increased popularity among health conscious consumers, but why is this? As it turns out, modern research is starting to verify what members of traditional coconut consuming cultures have know all along: that coconut offers many valuable health benefits and can be a wise addition to one's diet.



Benefits of Coconuts

- They improve digestion and digestive healing as well as the absorption of vitamins and amino acids.
- Help the immune system to fight off viruses, bacteria and fungal overgrowth.
- Excellent source of fiber, enzymes, vitamins, minerals and antioxidants.
- Increases metabolism and energy levels thus encouraging weight loss.
- High in potassium.
- Due to its high electrolyte levels, coconut water is an excellent post workout beverage and unlike "sports drinks" it's not loaded with sugar.
- Coconut oil is heat stable at high temperatures so it's a great choice to cook with (Nutrition By Natalie, 2008) (Wolfe, 2009).



Interesting fact: "Young coconut water is nearly identical to human blood plasma, making it a universal donor. During the Pacific battles of World War II, between 1941 and 1945, both sides in the conflict used coconut water-siphoned directly from the coconut-to give emergency plasma transfusions to wounded soldiers." (p. 203. Wolfe, 2009)



Source:

Nutrition By Natalie (2008). Super Foods - The Truth about Coconut. Retrieved from: <http://www.youtube.com/watch?v=FTRMhv3IFFQ>

Wolfe, David (2009). Superfoods: The Food and Medicine of the Future. Berkeley, North Atlantic Books.

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