

All you need to know about Coconut Water.

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Loren Eiseley says “If there is magic on this planet, it is contained in water.” So true, right...

Up to **60%** of an adult human body is water and there's no need to make you understand the importance of water, so today let's learn about tender coconut water.

Coconut water is a natural refreshment, with a sweet and nutty taste. Coconut water is a liquid found inside coconuts which is transparent and clear.

Coconut water is a common beverage in summer as it helps in rehydration and serves as perfect refreshment after a hot summery day or exercises. It is also considered good during mild illness, high blood pressure etc.

Benefits of Coconut Water

This tender water has numerous useful benefits and advantages without any effort. Coconut water helps in various ways, some of which are listed below,

- **Nutrients and electrolyte**

Coconut water has a low sugar diet and is low in calorie and is considered as a safe option for a healthy diet. It has electrolytes such as magnesium, potassium, phosphorus and much more. The nutritional value can vary depending upon the quality of coconut and it's maturity, but the benefits doesn't get dissolved.

- **Taste without flavour**

Unlike any other soft drinks or sugar added juice, coconut water is a natural flavourful drink without any added taste. It is sweet and a little nutty flavour taste and is a perfect option to get yourself refreshed.

- **Exercises and Post workout sessions**

Coconut waters serving several electrolytes helps with heavy sweat and dehydration, it is served as best after a good workout session, or some exercises or even during a hot summer day.

- Skin Benefits

Water is the source to help maintaining the glow on a beautiful face and so is coconut water. Dehydration can impact on skin as dry, tight or scabrous skin, and having some cool coconut water can help with those daily hydration to promote circulation and maintain glowy and radiant skin. Coconut water contains antioxidant properties which help in keeping the skin firm and beautiful.

- Weight Management

Compared to plain water coconut water has high calories, but compared to juice and soda, it has lower. Not only this, coconut water is fat and cholesterol free. According to some research, coconut water consist only 48 calories.

- Detox to body

In this era of fast food and beverages, detox plays a vital role in maintaining a healthy body and this is when coconut water comes to rescue. The versatility of coconut water, with potassium, phosphorus, minerals, and antioxidants, it helps to detoxify the body and keep it healthier.

- Numerous health benefits

Apart from all the benefits discussed above, coconut water is also a good source for reduce High Blood pressure, managing diabetes, Prevention of kidney stones, prevention of urinary tract infection, reduction of fatigue and stress etc..

Disadvantages of Coconut water

What comes with uncountable benefits also must have some disadvantages, although drinking coconut water daily is not harmful for general people, there exist an exception to it.

- People with kidney (renal) failure, should be careful with coconut water, as it contains rich potassium nutrients.

An unhealthy kidney will not be able to remove extra potassium and which will lead to stagnation of potassium.

- Doctors suggest to avoid coconut water during Pregnancy as it is not much advantageous during the time.

- People recently operated with surgery are also advised to stay away from coconut water for a few weeks after and before surgeries.

Excess of anything is harmful and so is coconut water, so excess of it can be a little bit on the detrimental side to the body.

What is the perfect time to intake coconut water?

Although one can enjoy coconut water at anytime during the day, but certain times proves it to be more helpful.

- On empty stomach – The first thing to choose early morning with an empty stomach can be coconut water, as it can help in boosting immunity, helping metabolism and helps in weight loss.
- Post workout – Energy lost during exercise can be back with the electrolytes in coconut water.
- After hungover – Apart from lemon, coconut water is also a great remedy to get rid of hungovers. (Although getting hungover is not recommended)

What is tender coconut?

The unprocessed edible white part of coconut, often shredded and found in coconut is tender coconut. It is used in many food items and also helps in extraction of coconut oil.

Just like coconut water, tender coconut also has similar benefits, the only form of difference is the state, tender coconut is not a liquid stage whereas coconut water is.

However, tender coconut water means the same as discussed above.

Coconut water is different from coconut milk

Coconut milk and coconut water are though not same, coconut water is the transparent liquid found inside coconut which is natural whereas coconut milk is a processed beverage, made by grating flesh of coconut with hot water.

Both comes with great benefits, the choice is made through differences in calories, taste, and definitely amount of water.

Concluding, coconut water is a great replacement for your suger added juices and drinks, so switch and enjoy!!