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- vegetable salads, making cookies or mixed in smoothiesCoconuts also contribute coconut water, milk and oil
- Use shredded coconut in cereal, stirred into dips or spreads, atop fruit or
- Low in sugar, it contains multiple types of antioxidants that fight free radicals and oxidative stress associated with aging and disease
- potassium for healthy blood pressure, phosphorous for DNA and copper for immunity, energy production and iron metabolism
  - are converted more easily into energy than animal sources of sat fat

    High in manganese, essential for bone health, small amounts of
  - 89-92% of fat is sat fat, mostly medium-chain fatty acids (MCTs) which are converted more easily into energy than animal sources of sat fat
  - Although high in sat fat, may help lower LDL and raise HDL cholesterol

#### Potential benefits of consuming coconut meat:

• 35 Calories, .5 gm protein, 1 gm fiber, 3 gm fat, no cholesterol

# Health Benefits of Coconut provides: 2 Thep shredded unsweetened coconut provides:



Sweet and chewy unsweetened meat of the coconut fruit is a whole food source of fat, fiber and antioxidants to be enjoyed raw or dried.

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