

## Can I have Tender Coconut Water Daily?

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When hot summer hits, I suggest coconut water which is tender. Not only me, but many of our elder generation insist us to have tender coconut water to subside the hot summer effects on our body. Yes! This water replenishes all the lost nutrients in our body, thus balancing our internal status. But do you think of having it in regular routine that is all days?

My clients especially for kids, place this query on my work desk, that is can I have the tender coconut water daily. My answer to all of them is YES. I will tell you why I insist people to include or make your kids a practice of having this magic drink. The tender coconut water is an excellent thirst quencher. This tender water has the capacity to replenish all the lost electrolytes, which are exhausted all through your sunny day. Though cannot be replaced for normal water, but can be included in your regular meal routine to combat the heat. But there are certain things to notice when you include it in your routine diet. Yes! You should not preserve it; it should be consumed fresh and in a single time. Similarly, it should not be mixed with normal water as the composition of electrolytes may vary. Make sure you stir the tender coconut water gently and enjoy the way it is.

Although there is no standard time for having the tender coconut water, the best time is to have it in the early morning empty stomach. This water contains lauric acid, which boost our immunity and also promote weight loss, by improving the metabolism. Hence, when on weight loss journey, make sure you have it in your regular empty stomach.

Thus, in a nut shell, I personally recommend having the tender coconut water in your summer regimen. Apart from the above points on including the tender coconut water, I will tell you, some of the promising benefits of coconut water.

Tender coconut water is very much beneficial for all age group of people ranging from toddlers to late adulthood. Yes! The infants who are introduced with solids can consume coconut water, as it is best for keeping them hydrated. A few spoons are recommended for infants between 6-8 months and for toddlers, a cup of 200ml

### Weight loss

The tender coconut water is an excellent drink to boost your metabolism. The higher the metabolic rate, the higher is the weight loss by more fat burn. As it has more bio-active components and low in calories, this drink is being suggested for a person who is on his weight loss journey, as a best thirst quencher. Usually, drinking 2-3 times of coconut water may aid you in losing your extra kilos. This best thirst quencher consists of about 46 calories in 240ml (1 cup).

### Benefits against diabetes

Are you suffering from diabetes? Looking for perfect hydrating drink without any added sugar? Then tender coconut water is the best option to meet all your needs. When you are on your diabetes diet, there will be no fresh juices as it may crash your sugar level. In that case, you can still enjoy the nature's gastroenterologist, the tender coconut water, as your routine hydration drink. This possesses low sodium and increased potassium thus helps in keeping the body fluids in balance. The water contains a good amount of magnesium that helps in the increase of insulin sensitivity, thus reducing the type 2 diabetes' sugar levels.

### Treats hangover

The hangover is the most annoying thing experienced by a drinker. I am not encouraging the habit of drinking, but there are situations where you cannot avoid those drinks. In that case, if you face hangover, the next morning, the other day's work plan is totally

disrupted. Here is a simple solution, have a tender coconut water to get rid of the nasty hangover. It is been a best home remedy for treating the hangover. The presence of antioxidants and electrolytes makes this a great drink for treating hangover. Hence, load up with this super drink, to combat hangover.

#### Boosts immunity

The summer is the season, where all our energies are drawn and lost. The season invites many gastro intestinal disorders, skin disorders and much more due to excessive heat. To combat all these, and to safeguard us, I recommend, tender coconut water. This water, with its anti-viral and anti-bacterial properties, boosts our immune system and prepares us to shield ourselves from the nature's disturbances.

#### Anti-aging properties

The coconut water contains cytokinins, which is a well known anti-aging agent. This hydrates the skin and makes your skin glow and healthier. Consume daily and feel the wonders that it could make on your skin.

Moreover, the coconut water helps in perfect functioning of certain organs like kidneys, heart, too.

- Have antioxidant properties that help in fighting against the free radicals in our body.
- Have benefits in preventing the kidneys from kidney stones, as this water prevents crystals sticking on the kidneys and other parts of urinary tract. However, more studies needs to confirm the research.
- Benefits against heart disease and hypertension. As these are low in fat, there is less chance of forming a clot in the arteries or anywhere in the circulatory system. This aids in the reduction of cholesterol and triglycerides. The low sodium content is more beneficial in making it a better choice for hypertensive persons, to lower the blood pressure. However, more promising studies should come to prove the effects in human.

Don't ever confuse the coconut water with coconut milk. Coconut milk is rich in fat whereas the coconut water has no or little fat in it. Make sure you take tender coconut water to enjoy more health benefits. An average coconut provides only 0.5 to 1 cup of water. Inclusion in your regular diet regimen may make you feel the wonders in your health. While it is safe for majority of people,

there are some people who develop stomach upset or fullness. If you experience any of these, please get an alternative for your coconut water. The highly dedicated workouts should not be ended with tender coconut water as a hydration drink. This is because, the sweat makes you lose sodium which should be replenished, but coconut water is less in sodium and high in potassium, which may alter the acid-base electrolyte balance in our body. Hence, be careful while choosing a drink; get your opinion from an expert.

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