



FRESH AND TENDER COCONUTS

- ⇒ Specifications
- ⇒ Packing
- ⇒ Stuffing
- ⇒ Quality



5 Impressive Benefits of Coconut



1. Highly nutritious
2. Antibacterial effects
3. May promote blood sugar control
4. Contains powerful antioxidants
5. Easy to add to your diet



1. Highly nutritious

Although coconut meat is high in fat, it also contains MCTs, which are metabolized differently than other types of fat. The meat also provides carbs and protein along with many essential minerals, such as manganese, copper, iron, and selenium.

2. Antibacterial effects

Some studies in test tubes and some involving humans suggest that coconut oil could reduce the growth of several different types of bacteria.

3. May promote blood sugar control

Though more research is needed, coconut is low in carbs and rich in antioxidants, healthy fats, and fiber, which could potentially support blood sugar control.

4. Contains powerful antioxidants

Coconuts contain polyphenol antioxidants that can help protect your cells from damage, which may aid in the prevention of chronic disease.

5. Easy to add to your diet

Coconut is versatile in the kitchen and works well in both sweet and savory foods. It's a great choice for those on low carb, paleo, gluten-free, or nut-free diets.

Potential drawbacks

Coconut is versatile in the kitchen and works well in both sweet and savory foods. It's a great choice for those on low carb, paleo, gluten-free, or nut-free diets.

The bottom line

Coconut is a high fat fruit that is highly nutritious and has been associated with a wide range of health benefits.

In particular, coconut is rich in antioxidants, has powerful antibacterial properties, and may support better blood sugar control.

However, coconut is very high in fat and calories, so be sure to moderate your intake if you are trying to lose weight or need to follow a low fat diet.

Still, coconut meat is delicious, nutritious, and easy to incorporate into both sweet and savory dishes.

Source from: Health Line



SPECIFICATIONS

Common Name	: Fresh Coconut
Origin	: India
HS Code	: 08011910
Produce type	: Fresh and Natural
Color	: Brown
Maturity	: Fully matured
Husk Type	: Full Husk / Semi husked / Fully shaved
Food Type	: Vegetarian
Wax	: No
Preservation Chemicals	: No
Cultivation type	: Conventional

PACKING

Type 1: PP bag packing
Each bag 25 pieces
Each bag Weighs 13 kg/ 14kg/ 15kg

Type 2: PP bag packing , Bulk pack
Each bag, 50 pieces / 40 pieces
Each bag weighs 25 kg

Type 3: Bulk packing, Industrial Supply
500 kg loose loading
Carton box with pallets

STUFFING

Containers:

Middle East Countries:	: Dry HC Container, without Pallets
EU & CIS	: Refer Container with pallets

Optimum Temperature : +5 to +10

Humidity : 80%

Self life : 45 to 60 days from date of packing



7 Science-Based Health Benefits of Coconut Water

1. Good source of several nutrients.
2. May have antioxidant properties
3. May help lower blood sugar for people living with diabetes
4. May help prevent kidney stones
5. May support heart health
6. Beneficial after prolonged exercise
7. Delicious source of hydration



1. Good source of several nutrients

Coconut water is the liquid found in young coconuts and a natural source of several important minerals.

2. May have antioxidant properties

Coconut water contains antioxidants that have shown to be beneficial in research involving rats and mice, but human studies are lacking.

3. May help lower blood sugar for people living with diabetes

Studies on animals with diabetes suggest that coconut water may improve blood sugar control, but more research involving humans needs to be done.

4. May help prevent kidney stones

Early research suggests that water from coconuts may help prevent kidney stones by reducing crystal and stone formation. However, more studies have to be done — specifically involving humans.

5. May support heart health

While there is some evidence that coconut water may be good for heart health, more research centering on humans needs to be done.

6. Beneficial after prolonged exercise

Coconut water is effective at replenishing fluids and electrolytes after exercise. It's comparable to other sports beverages.

7. Delicious source of hydration

Coconut water can be consumed directly from green coconuts or bought in bottles. Avoid brands with added sugar, sweeteners, or flavors.

The bottom line

Coconut water is a delicious, electrolyte-filled, natural beverage that may benefit your heart, moderate your blood sugar, help improve kidney health, and keep you refreshed and hydrated after a workout.

Although more controlled studies involving humans are needed to confirm many of these qualities, the research to date is encouraging.

If you want to start sipping this tropical drink, there should be an array of brands on the shelves of your local grocery store — just be sure to avoid products with added sugar.

Source from: Health Line



SPECIFICATIONS

Common Name	: Tender Coconut
HSN Code	: 08011200
Maturity	: Young Coconut
Produce type	: Tender, fresh and Natural
Cultivation type	: Conventional
Food type	: Vegetarian
Weight per piece	: 1-1.5 kg / 1.5- 2 kg
Packing	: 9 pieces in one carton box

PACKING

Carton box packing
9 pieces per box.
1800 boxes in 40ft Refer container



Quality:

We have dedicated in-house quality control team that works round the clock from the farm level to container level. We always double check the quality at every stage of from farming, till loading. Grading and sorting are performed by well trained set of workers.

Apart from our own quality controllers, we can also heir any third part quality controller to inspect our work. We always invite our buyer to visit us to know more about our Coconuts and our operations.

We can provide all the necessary quality reports as per the buyer's requirements.

We Export to

- : Middle East Countries
- : CIS countries
- : Europe
- : UK

Enquires please contact our office given below.



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