

Coconut Water

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Common products

Vita Coco, Zico

Where can you find this product?

- Vita Coco can be found on Amazon and only certain states
- Zico can be found online, Target, Whole Foods, Seven Eleven and Jewel Osco

Coconut Water vs. Coconut Oil:

Coconut oil comes from the fruit of mature coconuts and is high in saturated fats

Coconut water is clear liquid, which is high in electrolytes from young coconuts

Barriers to using this product:

Tree nut allergies
Hydration requirements
Cost
Minimal RCTs

Do we recommend this to patients or specific groups?

No. We would not tell patients it is better for your health. It is comparable with banana and could be extra unnecessary calories for overweight/ obese patients. More research has been done on athletes and rehydration. There is no harm in drinking coconut water for rehydration; it is more of a personal choice. We would not discourage if patients were already drinking that.

1. Aids in Weight

2. Help with clearing of skin

3. Facilitates digestion

4. help with hangover

NATURALLY POWERED
ZICO



5. Reduce BP

6. Boost hydration

7. Rich in nutrients

Recent scientific literature about the benefits:

- Recent research has focused on coconut water with sports nutrition in comparison with water and popular drinks.
 - o Coconut water has been reported to prove hydrating effects similar to those carbohydrate-electrolyte drinks.¹
 - o Additional potassium in coconut water did not result in additional rehydration benefits over those already found in sport drinks with sodium.²
 - o No significant difference was noted between bottled water, coconut water and coconut water from concentrate and sports drinks regarding rehydration.³
- In vitro studies: Protective effect of coconut water concentrate and its active component shikimic acid against hydrogen peroxide mediated oxidative stress through suppression of NFkB and activation of Nrf2 pathway⁴

Gatorade vs. Coconut Water vs. Banana: Nutrition Labels and Cost

Nutrition Facts	
Serving Size 12 fl oz (355 mL)	
Servings Per Container About 2.5	
Amount Per Serving	
Calories 80	
% Daily Value*	
Total Fat 0g	0%
Sodium 160mg	7%
Potassium 45mg	1%
Total Carbohydrate 21g	7%
Sugars 21g	
Protein 0g	
Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium, and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	
WATER, SUGAR, DEXTROSE, CITRIC ACID, NATURAL FLAVOR, SALT, SODIUM CITRATE, MONOPOTASSIUM PHOSPHATE, GUM ARABIC, SUCROSE ACETATE ISOBUTYRATE, GLYCEROL ESTER OF ROSIN, YELLOW 6	
Last updated on February 23, 2015.	

Gatorade: pack of 6-8 12oz bottles ranges from

Nutrition Facts

Serving size: 11.2 fl oz (330 mL)
Serving Per Container: 1

Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat 0g	0%	Potassium 660mg	19%
Saturated Fat		Total Carb 15g	5%
Trans Fat		Dietary Fiber	
Calories 60		Sugars 12g	
Cal. from fat		Protein 0g	
Cholesterol			
Sodium 90mg			

Coconut

water: pack of 12 11.2oz bottles
\$15.04 (Zico)
\$14.74 (Vita)

Amount/Serving	% DV*
Calcium	4%
Phosphorus	2%
Magnesium	6%
Vitamin A	
Vitamin C	
Iron	
* Percent Daily Values are based on a 2000 cal. diet	
† Not a significant source of protein	

Ingredients:

Nutrition Facts

Serving Size 1 medium banana (126g)

Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 30g	10%
Dietary Fiber 3g	12%
Sugars 19g	
Protein 1g	
Vitamin A 2%	Vitamin C 15%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Banana: 19 cents each

How much of coconut water is needed to prove the benefits:

Position of American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance

When exercising for 30 to 60 minutes, the best beverage for rehydration is water. Athletes exercising for more than 90 minutes need electrolyte replacement post-workout.

1. To replace sweat losses during exercise, an athlete should drink approximately 16 to 24 oz fluid for every pound of body weight lost during exercise (which equals to **1.5-2 packages 11.2 fl oz Zico/lb lost during exercise**)
2. Approximately 40 – 60 g of carbohydrate per hour for maintenance of blood glucose level during exercise (which equals to **2-4 packages 11.2 fl oz Zico**)
3. After exercise, a carbohydrate intake of ~1.0 to 1.5 g/kg (0.5 to 0.7 g/lb) body weight during the first 30 minutes and again every 2 hours for 4 to 6 hours will be adequate to replace glycogen stores. Protein consumed after exercise will provide amino acids for building and repair of muscle tissue. This equals to 67g CHO= **5 packages 11.2 fl oz Zico at each interval** (based on 135 lbs)

¹Saat et al. 2002. J Physiol Anthropol 21 (2): 93 – 104 <http://www.jstage.jst.go.jp/en/> ²Perez-Idarraga et al. 2014. Appl Physiol Nutr Metab 39: 1167-1174 (2014). ³Kalman et al. 2012. Journal of the International Society of Sports Nutrition 2012, 9:1 <http://www.jissn.com/content/9/1/1> ⁴Mantena et al. 2003. Nahrung Apr; 47 (2): 126-31