

A TROPICAL TREAT

coconut

Every part of the coconut can be used to infuse tropical flavor and a dose of healthy fatty acids into all kinds of dishes. The white, fleshy part of the coconut is called the meat. It contains high amounts of manganese, potassium and copper.



DID YOU KNOW?



- The nutritional value of the coconut and its taste vary depending on the stage of maturity the coconut is in.
- Coconuts contain high levels of water during the early stages of its growth, which can be consumed directly as a refreshing drink.
- The meat in mature coconuts is firm and can be eaten fresh or may be used for making shredded coconut.
- Coconut milk can be very high in calories, so it is best to choose the "lite" version.

WELLNESS TIP

Set a goal and stick to it! Maybe it is running a local 5K or completing a triathlon. Whatever it is, honor the commitment and do not make excuses.

SHOPPING, PREPARING AND STORING



- When purchasing a coconut, give it a good shake to see if there is water inside. If you do not hear anything, the coconut is too ripe and may have an altered taste.
- Whole coconuts can be refrigerated for two months. Once opened, the coconut meat can only keep for a few days.

COOKING TIPS



- Coconut oil is very heat-stable, making it suitable for sautéing, baking, roasting and even frying.
- Coconut milk blends well with many dishes, including curries, soups and sauces.
- Sprinkle toasted coconut over oatmeal for breakfast or over a tropical fruit salad for lunch or dinner.

COCONUT FRUIT SALAD

serves 4

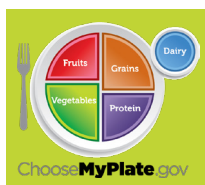
- 2 mandarin oranges, peeled and segmented
- 1 (8-ounce) can pineapple chunks, drained
- 1 large banana, sliced
- 1 large apple, chopped
- 1/3 cup raisins
- 1/4 cup flaked coconut, toasted



1. In a large bowl, combine the first five ingredients.
2. Sprinkle them with coconut just before serving.

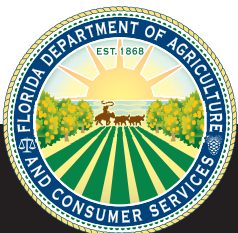
Recipe adapted from What's Cooking? USDA Mixing Bowl, United States Department of Agriculture

Calories: 174; Total Fat: 2 g; Saturated Fat: 1.5 g; Total Carbohydrates: 42 g; Protein: 2 g; Sodium: 19 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.



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