

just add 😊 COCONUT WATER

GOOD STUFF ✨



Naturally refreshing, coconut water is the clear liquid inside a young coconut.

Often called 'Mother Nature's sports drink' coconut water is naturally fat and cholesterol free, low in calories and contains high levels of potassium and electrolytes.

TOP
TEN

COCONUT WATER HEALTH BENEFITS

- contains easily digestible carbohydrates
- rich in electrolytes required for proper muscle contraction
- high in potassium which is necessary for proper hydration
- potassium also counteracts high sodium diets & hypertension
- contains antioxidants which protect you from free radicals
- source of calcium, iron and magnesium - low in sodium
- no known side effects and very few allergies
- contains cytokinins which promote cell division & growth
- fight free radicals against cancer, alzheimers & infection
- keeps us fresh, active, fit & sharp

*please note that not all benefits have been clinically proven yet
BUT coconut water is more nutritious & natural than any sports drink.

just add 😊 GOOD STUFF ✨

Just Add Good Stuff is a community of people, ideas, strategies and tips for a healthier life through nutrition, fitness and lifestyle choices.

We believe in healthy, nutritious and organic foods and adopting a clean eating raw foods diet.

We also believe in inspiring friends and the community to be more actively aware of nutrition and fitness through self-education.

It's not about cutting everything out of your life. It's about moderation and committing yourself to adding more GOOD STUFF into your life!

michael kenneth president, Just Add Good Stuff

Nutrition Facts

Serving Size 1 cup	
Amount Per Serving	
Calories 46	Calories from Fat 4
% Daily Values*	
Total Fat 0.48g	1%
Saturated Fat 0.422g	2%
Polysaturated Fat 0.005g	
Monounsaturated Fat 0.019g	
Cholesterol 0mg	0%
Sodium 252mg	10%
Potassium 600mg	
Total Carbohydrate 8.9g	3%
Dietary Fiber 2.6g	10%
Sugars 6.25g	
Protein 1.73g	
Vitamin A 0%	Vitamin C 10%
Calcium 6%	Iron 4%

* Percent Daily Values are based on a 2000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

Nutrition Values are based on USDA Nutrient Database SR18

2% of RDI*
(46 calories)

Calorie Breakdown:
■ Carbohydrate (79%)
■ Fat (9%)
■ Protein (12%)

* Based on a RDI of 2000 calories

COCONUT WATER *recipes*



FRESH ORGANIC
COCONUT
water



GREEN MONSTER
SUPERFOOD
smoothie



COCONUT WATER
QUINOA VEGGIE
main dish

* All of our recipes are gluten-free, dairy-free and vegan! Just visit our website!

DID YOU KNOW?

- ✓ Buy young, green organic coconuts for **NATURAL unaltered nutrients**
- ✓ Most **PACKAGED** coconut water has been *pasteurized* or are made from concentrate, which *reduces nutrients*
- ✓ **WATCH OUT** for coconut water that has *added sugar* - don't buy!
- ✓ It's **NOT CALORIE FREE** so don't drink too much!
- ✓ Has **LESS SUGAR** than most *sports drinks, sodas & fruit juices*
- ✓ Is **STERILE** and has been used *in place of medical saline*
- ✓ Often called "*Mother Nature's sports drink*" by marketers
- ✓ **NOT** very effective in *weight loss diets*
- ✓ Coconut water can be fermented to produce *coconut vinegar*

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