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## ESADE LTD

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## WHAT IS GREEN COCONUTS?

Such as potassium, magnesium, and vitamin C. Green coconuts are also low in calories and have a high water content, making them a refreshing and hydrating snack. Their tender meat can be used in various dishes and beverages, adding a unique flavor and texture. Overall, green coconuts are a healthy and delicious option to incorporate into your diet.

## WHY IS BELIZE GOOD FOR GREEN COCONUTS?

In Belize, palm trees are abundant and have become an integral part of our daily lives. The country's fertile soil and ideal climate create the perfect conditions for coconut palm trees to flourish. These trees are resilient and can withstand harsh weather conditions, making them well-suited for Belize's environment.



## BRAZIL GREEN DWARF

Brazilian green dwarf coconuts are often preferred for their water because they are known to have a sweeter and more refreshing taste compared to other varieties. Additionally, they tend to have a higher water content and a smoother texture, making them especially enjoyable for drinking.

The Brazilian green dwarf coconut, scientifically known as *Cocos nucifera* 'Nana', is a specific cultivar of coconut palm tree. It is a dwarf variety, meaning it grows smaller in size compared to standard coconut palms. The term "green" in its name refers to the fact that the coconuts are typically harvested while still green and immature, which is when the water inside is at its peak in terms of taste and quantity. These coconuts are known for their sweet and refreshing water, making them a popular choice for consumption. They are also prized for their versatility in culinary applications and their use in various traditional dishes and beverages in Brazil and other tropical regions.



# WHAT ARE THE HEALTH BENEFITS OF GREEN COCONUTS?

That's great to hear! Coconut indeed has various health benefits. Here are some additional details:

1. **Hydration:** Coconut water is known for its high electrolyte content, making a natural and refreshing way to hydrate the body.

2. **Blood Pressure Regulation:** The potassium in coconut can help balance sodium levels in the body.

3. **Workout Drink:** Coconut water's electrolyte balance makes it an excellent beverage to rehydrate and replenish electrolytes lost during exercise.

4. **Heart Health:** Coconut oil, when consumed in moderation, has shown to have positive effects on heart health.

5. **Vitamin C:** Provides a good source of vitamin C, which is essential for a strong immune system, healthy bones, and teeth.

6. **Appetite Regulation:** The healthy fats and fiber content in coconut can help you feel fuller for longer, supporting weight management and appetite regulation.



# WHAT IS THE DIFFERENCE BETWEEN GREEN COCONUTS AND BROWN COCONUTS?

Green coconuts and brown coconuts are both from the coconut palm (*Cocos nucifera*) tree but differ in their age and ripeness. Green coconuts are young and not fully ripened, while brown coconuts are fully mature. Otherwise, they are essentially the same variety of coconut.



# DELICIOUS INGREDIENTS FROM COCONUT

- Coconut milk
- Coconut oil
- Coconut meat
- Coconut water
- Coconut butter
- Shredded coconut
- Coconut flour

