



STAY HEALTHY  BE NATURAL

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Desiccated Coconut

Dried desiccated coconut is rich in selenium, manganese and copper, dehydrated coconut or dry coconut is an excellent food source, to be included in the daily diet.

In fact, it is a food with strong antioxidant properties, which protect cells from free radicals and oxidative stress; it also helps the nervous system in its functioning.

Also rich in other minerals, such as calcium, potassium, phosphorus, iron and zinc, it is thanks to the presence of selenium that coconut becomes a valid ally for the thyroid.

There are also amino acids and vitamins, which however are found in greater quantities in fresh coconut; in fact, in dry coconut we find above all B vitamins in modest quantities.

It is not a low-calorie food: 100 grams of dehydrated coconut containing about 440 calories; not for nothing, it is generally indicated in low-calorie diets only if it replaces other sources of fat, while it is excellent for enriching the bars of athletes.