

## **COCONUT PRODUCTS**

Coconut is a food, beverage and an oil seed. In tender form it is consumed as a beverage and the kernel of matured coconut is an ingredient in many food preparations. It has probably been used by humans for centuries. It provides food, drink, clothing and shelter, as well as income from its products.

Kerala is one of the leading producer of coconuts in India, and the coconut industry is a significant part of the state's economy. Coconut is one of the principal cash crops supporting millions of small and marginal farmers in Kerala. In gross value of output (GVO) for Kerala coconut crop holds top position in Kozhikkode District nearing to other neighbouring districts. In 2024, Kerala produced 3,894.746 tons of coconuts.

Wide range of products can be made from coconut. Coconut products provide a broad range of health benefits. They also add flavour, vitamins, and minerals to many recipes and foods. Coconut has gained popularity over the years as a healthy alternative to dairy milk. Coconut is a great source of satisfying and digestion-friendly fibre. Coconut water also contains potassium that regulates blood pressure and helps to balance the body's sodium levels. Coconut flour is a popular alternative to white flour for people following gluten-free diets. There are 5 g of fibre in 2 Tbsp of coconut flour.