

How water forms inside a coconut

Why does a coconut have water? Let's find the answer to the question of why a coconut has water with TipsMake.com.com!

Why does a coconut have water? Let's find the answer to the question of **why a coconut has water** with TipsMake.com.com !

Coconut water is a natural, fat-free beverage. It is low in sugar and calories and rich in electrolytes and essential vitamins. Known as the 'liquid of life,' coconuts are safe for everyone to drink fresh from the nut. As the Hawaiians say, coconut water is 'dew from heaven.' Once the coconut is opened, coconut water begins to lose nutrients and flavor. This is partly due to the natural enzymes found in coconut water. When peroxidase (POD) and polyphenol oxidase (PPO) come into contact with oxygen, the reactions cause loss of nutrients and flavor.

The coconut shell itself is a sealed environment, and the inside is almost sterile. So how can a coconut contain so much water?

Raw coconut water contains B-complex vitamins, amino acids, and live enzymes that aid digestion and metabolism. Calcium, potassium, phosphorus, magnesium, and sodium contribute to high levels of hydration.



The sweet water that accumulates in the coconut is actually the 'endosperm' or food or nutrients for the growth of the coconut.

The endosperm is in liquid form in the early stages of the green coconut. After a few weeks, the liquid begins to turn into creamy tissue, which settles on the inner surface of the coconut. By the time the soft creamy tissue has become hard 'copra', the previously soft endosperm has become clean coconut water.

An interesting fact about coconuts that not everyone knows is that the coconut is both a fruit and a seed because it is the reproductive part of the tree. At the top of the coconut there are three black pores, also known as 'eyes' and one of them will produce a sprout.

Coconuts are covered with a thick layer so they cannot absorb water from the outside to swell (a sign of the beginning of seed germination) like normal seeds. Therefore, coconut water is the only source of water in the early stages of their germination.

You finished reading the article "**How water forms inside a coconut**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.