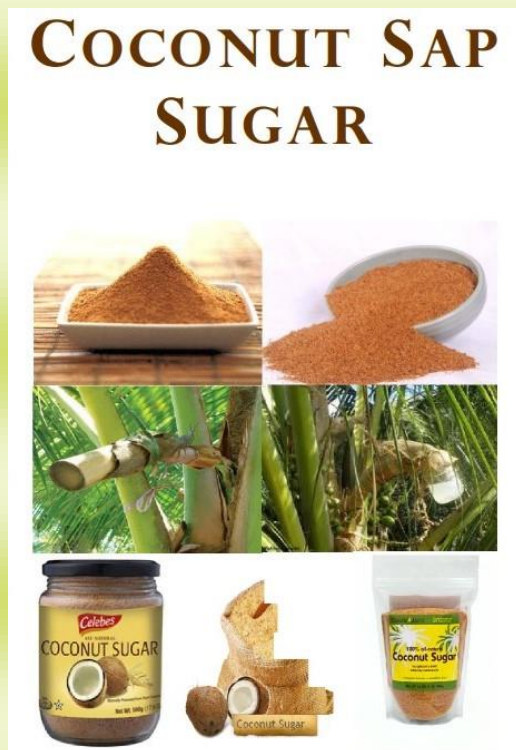
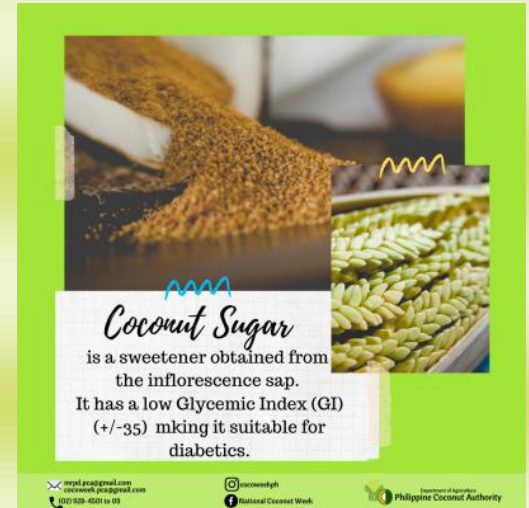


Coconut Sugar

Coconut Sugar (also called Coconut Palm Sugar) is a natural sugar made from sap, which is the sugary circulating fluid of the coconut plant. It is often confused with palm sugar, which is similar but made from a different type of palm tree.¹⁵

Coconut sugar is subtly sweet; almost like brown sugar, but with a slight hint of caramel. Since coconut sugar is not highly processed, the color, sweetness, and flavor can vary depending on the coconut varieties used, season when it was harvested, where it was harvested, and/or the way the sap or toddy was reduced.



Uses and health benefits:¹⁶

✓ Based on the Philippine Food and Nutrition Research Institute's study in 2007, the glycemic index (GI) of coconut sap sugar is 35. Hence, it is classified as a low GI food, which can be used as natural sweetener for diabetics.

✓ Coconut sap sugar can be a better substitute for synthetic sugars. It can be used as a sweetener for coffee, tea, and chocolate drinks, as well as in bread and pastry making, and as a cooking ingredient.

Indonesia, Thailand, and the Philippines are the world's major producers and exporters of granulated coco-sugar. Australia, New Zealand, US, South Africa, France, Canada, Norway and Japan are some of the major markets for coco-sugar.¹⁷

¹⁵ Product Information, Philippine Coconut Authority, www.pca.gov.ph. Accessed on 25 May 2020.

¹⁶ FPDD Guide No. 5 - Rev. 3, Series of 2019, Albay Research Center, Philippine Coconut Authority, www.pca.gov.ph. Accessed on 03 June 2020.

¹⁷ "PH aims for global competitiveness in coco-sugar", Catherine Teves, published on 16 August 2018, www.pna.gov.ph. Accessed on 4 June 2020.