



Taste Nirvana Real Coconut Water

By far the tastiest coconut eater we have tasted! Derived from Thai coconut, this coconut water has a smooth, refreshing and 100% natural sweet flavour. Has fine bits of coconut pulp. As their slogan says, it's "happiness in a bottle".

Nutrition	9 / 10
Serving Size	1 Bottle (9.5oz/ 280ml)
Calories	60
Total fat	0 g
Saturated fat	0 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	60 mg
Total carbohydrate	15 g
Dietary fiber	0 g
Sugars	12 g
Protein	0 g
Potassium	400 mg
Ingredients	Natural coconut water
Quality	10 / 10
	No added sugars, artificial flavours or preservatives. Derived from Thai coconuts—smooth and refreshing flavour. Packaged in glass bottles as well as BPA free cans.
Availability	6 / 10
Cost (*prices may vary)	\$5.99
Where to Buy	Nature's Emporium, Whole Foods, Amazon.ca

Scores	Nutrition	Availability	Quality
0 - 5	Poor, high amount (values over recommended daily value percentages) of sugar, trans fat, animal saturated fats and/or salt	Pricey, not found in most stores	Low nutrient profile, highly processed ingredients, high amounts of preservatives and/or additives
6 - 7	Just meets recommended daily value percentages.	Somewhat pricey, available in some stores	Satisfactory nutrient profile, contains some processed ingredients, preservatives, and/or additives
8 - 10	Healthy, low amount of sugar, salt, trans fat, animal saturated fats, preservatives and/or additives; high fiber, protein	Reasonably priced, widely available	Rich nutrient profile, organic ingredients, natural flavours, very low to zero additives and preservatives