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# Gruntlings

all things baby & child



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## O.N.E. Coconut Water

By Lil • Category: FEEDING, FOR MOM & DAD



**Average Cost:** \$24.00/12 11oz containers

**Official URL:** <http://www.onenaturalexperience.com>

**Rating:** ★★★★★

I tend to become dehydrated easily as water doesn't really motivate me to remember to find a moment in my daily life of toddler-chasing to stop and take a drink. The other options: soda, juice, or flavored waters all have downsides. Harsh chemical additives, caffeine, or simply an overdose of sugar. O.N.E. coconut water has no added sugar, no preservatives, and it is a natural electrolyte drink that is low in sodium.

O.N.E. coconut water is great for pregnant and breastfeeding moms, children and even older infants. It's a wonderful substitute for traditional sports drinks or juices, and it is appealing to children without giving them a sugar high. For me, it's a delicious incentive to stay hydrated.

### TASTE

Most packaged coconut waters have a bit too much of a "processed and packaged" taste. This coconut water is delicious and fresh. I first became hooked on coconut water in Chinatown where vendors sell the coconuts out of vats of ice. They hack the top off with a machete and hand you the coconut with a straw and you drink it straight from the coconut. Amazingly enough, the coconut water from O.N.E. doesn't taste much different from the coconut water that I've had down in Chinatown. It's subtly sweet and it quenches your thirst unlike anything else I've ever had to drink. O.N.E. uses coconuts from Brazil which have a sweeter taste than coconuts from other parts of the world.

## HYDRATION & NUTRITIONAL BENEFITS

**Electrolytes:** O.N.E. Coconut water is fat free, rich in potassium, low in sugar, and contains calcium, phosphorus and magnesium.

**Sugars:** O.N.E. coconut water contains only 14 grams of sugars per 11oz of coconut water. For comparison, You know that one juice that targets kids with the selling point of coming pre-diluted with water so that it's 50% juice and 50% water? 7oz of that popular juice has a whopping 13 grams of sugar.

## SAFETY & PACKAGING

O.N.E. uses 11oz Tetra Paks that are 100% recyclable (If your recycling program accepts them.) The paks are made of layered cardboard, foil and plastic sheeting that keeps bacteria and light out and allows the coconut water to be packaged without preservatives. O.N.E. beverages are flash-pasteurized to kill harmful bacteria while maintaining their fresh taste.

Due to recent concerns about plastics, I contacted Tetrapak directly to find out what the story was on the plastics used. The inner plastic layer that comes in contact with the coconut water is made of polyethylene plastic which is BPA-free and which is known to be one of the safer plastics on the market.

## ENVIRONMENTAL IMPACT

Gotta love a company that devotes part of its site to the discussion of environmental impact. Most of the environmentally friendly aspects of O.N.E. come from its use of the Tetra-Pak. The Tetra-pak is made with 70% wood fiber from responsibly managed forests where each tree harvested is replaced with a new tree. Transporting these packs is made less expensive because of their light weight and strength. More packs can be shipped at the same time using less energy than other packaging types. The Tetra-pak is recyclable which further reduces its environmental impact. Perhaps most impressively, the manufacturing of a Tetra-pak uses 5 times less energy than manufacturing of a plastic pack, and the Denton TX packaging plant for O.N.E. has managed to be carbon-neutral.

## AN INTERESTING NOTE FOR BREASTFEEDING MOMS

One thing that I noticed about drinking coconut water, is that shortly after I drink it I have a much easier time pumping milk for my little one. Hydration is so important when breastfeeding, yet drinking too much water can actually decrease your milk supply. This is not a problem with coconut water because of its electrolyte content. I've made coconut water a regular part of my diet, and have found that my milk supply has seen tremendous benefit as a result.

## BOTTOM LINE

This beverage has become my favorite thing to drink. Healthier and more delicious than water, more subtle than juice, and just an all around wonderful way to stay hydrated. Chances are good that if you talk to me regularly I've already recommended that you give coconut water a try.

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