

NEERA A HEALTH DRINK, NOT ALCOHOL



Kochi: Neera is the sweet, oyster white coloured sap tapped from the 'spathe' of coconut. It is a delicious health drink, a rich

source of sugars, minerals and vitamins, according to the Coconut Development Board. The most significant characteristic of the product is its low Glycemic Index (GI is 35), an indicator of the extent of sugar absorbed into the blood. Foods with GI less than 55 are classified as low GI foods. The global demand for low GI sugar are on the increase and hence neera and coconut palm sugar can fill up this gap.