

# Coconut



Coconut is a good source of vitamin B and potassium. Eating coconuts help prevent obesity, and also improves your heart health.



The coconut fruit is a drupe and not a nut. Other examples of drupes include peaches, plums, and cherries.



Coconuts are grown locally in Hawaii. They can be found on many of the beaches or even in peoples yards.

Coconuts grow on trees that can range from 20 to over 100 feet in height!

