

Lemon Coconut Water

Whey protein for children's nutrition

Coconut water has long been a ubiquitous drink in tropical countries, Latin America and Southeast Asia, where it is widely available via its fresh fruit form (green coconut), in a can, bottle or more recently, in aseptic packaging. It is fat-free, cholesterol-free, and low in calories – but high in nutrients and electrolytes. With many of the same hydration benefits, coconut water is an increasingly popular choice for a simple sport drink, especially for children who may not need all the adult-oriented ingredients found in some athletic beverages.

This concept for a protein fortified coconut water has no added color, and no artificial flavor or sweetener. With just five basic ingredients, it delivers 8 grams of high quality protein. The lemon flavor and slight sweetness helps balance coconut water's typical salty notes.

Hilmar™ 9420 Whey Protein Isolate is a highly functional WPI with excellent clarity. Designed to reduce astringency in low pH applications, **Hilmar™ 9420** provides optimized flavor in juices and other acid beverages. **Hilmar™ 9420** is also heat stable and is suitable for use across the range of pasteurization procedures. A nutritional powerhouse, whey protein is a complete protein with a PER of 3.2 and “perfect” PDCAAS of 1.0. In addition, whey proteins have a low glycemic load at 2 per 100 grams for concentrates and <1 for whey protein isolates.

We have tested this formulation in commercial production. High cost estimate (as of January 2012) is \$0.977 per 500-mL unit. This cost is for ingredients and processing only and does not include packaging.

INGREDIENTS:

Water, Coconut Water Concentrate, Hilmar 9420 Whey Protein Isolate, Lemon Juice Concentrate, Stevia.

Nutrition Facts

Serving Size 250 mL (255g)
 Servings Per Container
Calories 70
 Calories from Fat 0

Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
Total Fat 0g	0%	Potassium 400mg	11%
Saturated Fat 0g	0%	Total Carbohydrate 10g	3%
Trans Fat 0g		Dietary Fiber 0g	0%
Cholesterol 0mg	0%	Sugars 9g	
Sodium 110mg	5%	Protein 8g	
Vitamin A 0% • Vitamin C 6%		Calcium 0% • Iron 0%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
 Calories: 2,000 2,500
 Total Fat Less than 65g 80g
 Saturated Fat Less than 20g 25g
 Cholesterol Less than 300mg 300mg
 Sodium Less than 2,400mg 2,400mg
 Potassium 3,500 mg 3,500 mg
 Total Carbohydrate 300g 375g
 Dietary Fiber 25g 30g
 Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

The nutritional data presented herein is obtained from calculated values based on individual components.