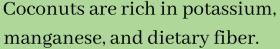# Coconut

- Store whole and unopened coconut at room temperature for up to 2-3 weeks.
- Once opened, store leftover coconut in an airtight container in the refrigerator for 3-5 days.
- Choose a coconut with a smooth, unblemished husk that feels heavy for its size. Shake the coconut; you should hear a sloshing sound indicating liquid inside.

Coconuts are rich in potassium, manganese, and dietary fiber.

These nutrients may reduce inflammation, promote a healthy gut, and help to fight against cancer.

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