

# COCONUT

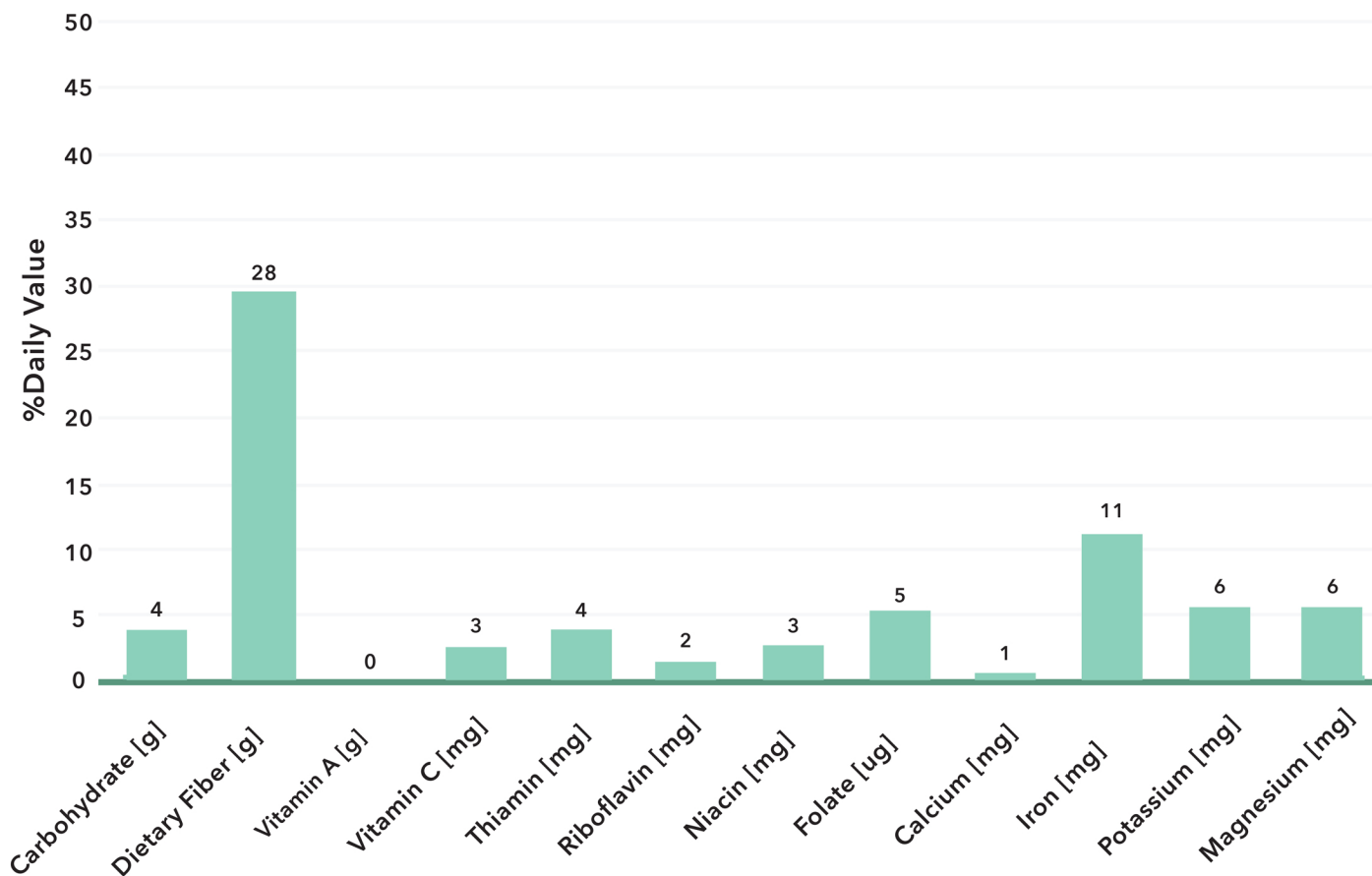


NIYOK

# COCONUT/NIYOK

(CHamoru Name)

*Cocos nucifera*



\*PERCENT DAILY VALUE (%DV) IS BASED ON A 2,000 KCAL DIET

Published by the College of Natural & Applied Sciences (CNAS), University of Guam, in cooperation with the U.S. Department of Agriculture, under Dr. Lee S. Yudin, Director/Dean and through the collaboration of Kristi Hammond, Kevin Dema-Ala, and Dr. Tanisha F. Aflague. University of Guam, CNAS, UOG Station, Mangilao, Guam 96923. Copyright 2018. For reproduction and use permission, contact [cnasteam@triton.uog.edu](mailto:cnasteam@triton.uog.edu), (671) 735-2000. The University of Guam is an equal opportunity/affirmative action institution providing programs and services to the people of Guam without regard to race, sex, gender identity and expression, age, religion, color, national origin, ancestry, disability, marital status, arrest and court record, sexual orientation, or status as a covered veteran. Find CNAS publications at [www.uog.edu/extension/popular-publications](http://www.uog.edu/extension/popular-publications).

**SEASON**  
Peak availability  
year-round  
January through  
December

## DID YOU KNOW?

Coconuts are not actually nuts, they are 'drupes.' Other drupes include plums, cherries, and almonds.

Graph based upon Hawaii Foods database nutrient composition 1 cup shredded, raw meat (80 g)

