

How To Safely Drink Coconut Water While Nursing



Choose fresh coconut water over packaged coconut water when possible.

If buying packaged coconut water, buy from a reputable brand and check the packaging date.



Store unopened packs in a clean and dry place.

Refrigerate opened packs and consume the coconut water within 24 hours.



Drink coconut water in moderation to avoid the risk of hyperkalemia (high potassium levels in the blood).

If you have had a C-section or are taking medication, consult a doctor before consuming coconut water.

