

# Coconut Vinegar

**Coconut Vinegar** is a natural product obtained from the natural process of fermentation of coconut sap or coconut water, with no preservatives or chemicals added.<sup>11</sup>

Coconut vinegar from coconut water is produced naturally through the natural aging process of aerobic fermentation and is augmented with little sugar.<sup>12</sup>

Coconut vinegar from coconut sap likewise undergoes fermentation but no sugar is added. *Sukang tuba* is a product of natural alcoholic and subsequent acetous fermentation of sap from the inflorescence of the coconut palm.

Coconut vinegar is turbid white when young and turns to light yellow to clear light brown as it matures. It does not contain chemicals or additives, artificial colorings, and preservatives. It has micronutrients and contains high levels of calcium and phosphorus.

A study of the Philippine Department of Science and Technology's Food and Nutrition Research Institute showed that the food energy value is 3 calories per gram, with acidity ranging from 2-2.5%.



## COCONUT VINEGAR



### Uses and applications:

- ✓ Food preparation – As a condiment seasoning for meat, fish, and vegetables on the table or during cooking
- ✓ Food preservation – Used in the manufacture of vegetable pickles, catsup and other tomato products, mayonnaise, mustard, dressings, sauces, and as additive in many manufactured foods to enhance flavor
- ✓ Medicinal use – Used as an anti-microbial agent to treat infections. Lowers cholesterol and aids in weight management
- ✓ Cleaning agent – For toilets, kitchen sinks, pots, wood panels, windows, grills, greasy ovens and hardened paintbrushes
- ✓ Deodorizer – For refrigerator and microwave ovens

<sup>11</sup> FPDD Guide No. 8 - Rev. 3, Series of 2019, Philippine Coconut Authority, [www.pca.gov.ph](http://www.pca.gov.ph). Accessed on 03 June 2020.

<sup>12</sup> Product Information, Philippine Coconut Authority, [www.pca.gov.ph](http://www.pca.gov.ph). Accessed on 25 May 2020.