

Nata de Coco

Nata de Coco is a chewy, translucent, jelly-like food produced by the fermentation of coconut water, a traditional Philippine dessert.

It is also a popular food item abroad, greatly in demand in Japan, the United States, Taiwan, Hong Kong, the United Kingdom, Canada, and the Netherlands. In fact, the Philippines has been exporting nata de coco since 1977.³²



Photo from Jerome Jocson, www.pepper.ph

Uses of nata de coco:

- ✓ Dessert, sweets, candies
- ✓ Ingredient in fruit cocktail, ice cream, sherbet, and cold soups
- ✓ High-cellulose diet food
- ✓ Cheese and yoghurt stabilizer
- ✓ Hotdog and sausage casing
- ✓ Resistors in audio speakers and baffles
- ✓ Food texturizer
- ✓ Substitute for raw fish in sushi
- ✓ Potential replacement for traditional cellulose
- ✓ Pharmaceutical ingredient
- ✓ Bacterial media
- ✓ Component in the manufacture of high-grade paper and fiber glass filter sheets

In 2013, Japan, Hong Kong, and the United States were the Philippines's major destinations of nata de coco.³³

List of Nata de Coco Suppliers (2017) in the Philippines can be found at <http://pca.gov.ph/pdf/tradeDirectory/2017/NatadeCocoTD.pdf>.

³² Nata de Coco, a Filipino Delicacy, Vergara, B. et al, DOST Science and Technology Information Network of the Philippines, <http://scinet.dost.gov.ph>. Accessed on 14 June 2020.

³³ Directory of Philippine Exporters, published by Export Marketing Bureau (DTI-EMB).