

NEERA*



Neera, the non-alcoholic and nutritious drink from the immature inflorescence of coconut can be promoted due to its potential for value addition, employment generation and better returns to the coconut farmers.

The vascular sap collected from immature unopened coconut inflorescence is popularly known as “Neera” in fresh form. It is a sugar containing juice, a delicious health drink and a rich source of sugars, minerals and vitamins. It is sweet and oyster white in colour and translucent. It is tapped from the coconut inflorescence filtered, pasteurized, and bio preservatives added to preserve the product. Treated Neera can be preserved in cans upto 2 months at room temperature.

Uses of Neera

Neera is popular as a delicious health drink. It is good for digestion, facilitates clear urination and prevents jaundice. The nutrient-rich "sap" has low Glycemic Index (GI of only 35) and hence diabetic-friendly since very low amounts of the sugar is absorbed into the blood. It is an abundant source of minerals, 17 amino acids, vitamin C, broad-spectrum B vitamins, and has a nearly neutral pH.

Diversified Value Added Products like coconut flower syrup, jaggery and coconut palm sugar are produced from Neera.

Composition of Neera

Composition	
Total solids (g/ 100 ml)	15.2 - 19.7
pH	3.9-4.7
Specific gravity	1.058 - 1.077
Total sugars (g/100 ml)	14.40
Original reducing sugars (g/100 ml)	5.58
Total reducing sugars (g/100 ml)	9.85
Total ash (g/100 ml)	0.11 - 0.41
Citric acid (g/100 ml)	0.50
Alcohol in %	nil
Iron (g/100 ml)	0.15
Phosphorus (g/100 ml)	7.59
Ascorbic acid (mg/100 ml)	16-30
Total protein (g/100 ml)	0.23-0.32

* Commercialisation of Neera is possible only after amendment of Abkari Act

COCONUT DEVELOPMENT BOARD

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