

In a fertile Thailand valley surrounded by pristine highlands, hundreds of acres of certified organic coconut palm trees flourish. Their organic stewardship nourishes soil, enhances biodiversity and nurtures the overall ecology of the region.

We press the meat of these fresh organic coconuts twice to make Native Forest® Organic Light Coconut Milk, adding only filtered water and a tiny amount of organic guar gum (from organic guar seeds). Our Light Coconut Milk features less fat per serving\*, while imparting its coconut goodness to soups, curries, sauces, desserts, beverages and more!

See [edwardandsonsrecipes.org](http://edwardandsonsrecipes.org) for tasty recipes. Refrigerate after opening and enjoy within 4 days. Shake well. Coconut milk will separate when cold. For a smoother consistency, warm its container in a bowl of hot water and stir contents well.

Native Forest® is a trademark of Edward & Sons Trading Co., Inc., the Coconut People®.



We are a family-owned, vegetarian company offering Convenience Without Compromise®... since 1978. [custserv@edwardandsons.com](mailto:custserv@edwardandsons.com)

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**NATIVE  
FOREST®**

**ORGANIC  
COCONUT  
MILK**

UNSWEETENED

**LIGHT**

**64% LESS FAT\***

THAN OUR CLASSIC COCONUT MILK

SEVING SUGGESTION

**13.5 FL OZ  
398 ml**

## Nutrition Facts

About 5 servings per container  
Serving Size 1/3 cup (80ml)

Amount per serving  
**Calories 45**

% Daily Value\*

<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> less than 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>

**Protein** 0g

Vit. D 0mcg 0% • Calcium 1.1mg 0%  
Iron 0mg 0% • Potas. 40mg 0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutritional advice.

### \*Comparison of Organic Coconut Milk

Per 1/3 cup	Light	Classic
Calories	45	140
Total Fat	5g	14g
Saturated Fat	4g	13g

**Ingredients: Organic Coconut Milk  
(Filtered Water, Organic Coconut,  
Organic Guar Gum).**

Edward & Sons  
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