

In a fertile Thailand valley surrounded by pristine highlands, lies a certified organic coconut farm. Here, dedicated farmers nourish the soil, care for the palms and pick the coconuts that become Native Forest® Light Coconut Milk.

We press the meat of these fresh organic coconuts twice, adding only filtered water and a tiny amount of organic guar gum (from organic guar seeds) to make Native Forest Organic Light Coconut Milk complete.

Our Light Coconut Milk features less fat per serving*, while imparting its coconut goodness to soups, curries, sauces, desserts, beverages and more!



*Scan QR code for more about our commitment to keeping our coconut harvests monkey labor free, and to view the official certificate from the Thai government.

See 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

NON-BPA CAN • BPANI



NATIVE FOREST®

ORGANIC COCONUT MILK

UNSWEETENED LIGHT

64% LESS FAT*
THAN OUR CLASSIC COCONUT MILK



SERVING 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*

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

Protein 0g

Vitamin D 0mcg 0%	Calcium 0mg 0%
Iron 0.2mg 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).



Distributed by: Edward & Sons Trading Co., Inc.
PO Box 1326, Carpinteria, CA 93014, edwardandsons.com
Certified organic by QAI Product of Thailand

V209_23 M