

# — BANANAS —

## What are they?

- Bananas are long yellow pieces of fruit that grow in bunches facing up.
- There are several difference varieties of bananas (i.e. Baby Bananas, Red Bananas, and Plantains)
- The bananas you usually buy at the store are called Cavendish bananas.
- When they ripen they change from green to yellow and eventually get brown spots.
- Yellow bananas are sweeter and softer while green bananas are more tart and firm.



## When are they available?

- Most of the bananas in the U.S. come from Central and South America
- Harvested all year round.

## What's so cool about them?

- “Banana trees” are not actually trees, instead they are considered a giant herb .
- A bunch of bananas is called a “hand” and each banana is called a “finger.”
- They began growing on earth over a million years ago.
- Every year the average American eats about 112 bananas.



## Why should I eat them?

- Bananas are an excellent source of:
  - \* Vitamin C, which helps boost your immune system and promote wound healing and collagen formation
  - \* Vitamin B6, which boosts metabolism and helps repair DNA
- Manganese, which promotes bone density and healing
- Good source of:
  - \* Fiber, which helps lower bad cholesterol and promote digestion
  - \* Magnesium, which promotes bone health
  - \* Potassium, which plays a role in controlling your blood pressure

