



A Nutrition Resource

BANANAS

Benefits of bananas

Being able to grab a banana to go is just one of the many things that makes it a popular fruit in most households. Bananas are also inexpensive and widely available, are a tasty snack, and a low-calorie food. The average sized banana contains about 100 calories and is equal to about 3/4 cup of fruit. Depending on its ripeness, it can contain up to 5 grams of fiber. Bananas also provide plenty of other vitamins and minerals such as potassium, folate, vitamins B2 and B6, and vitamin C.

Buying and storing

- Choose bananas according to the peel color and ripeness desired. Select bananas that are bright yellow for salads or immediate eating.
- Use fully ripe bananas, with speckles on the peel for baking, smoothies, or recipes that specify mashed bananas.
- To slow ripening, refrigerate. (The peel will turn black but the fruit inside will be fresh and ripe).
- If bananas are too green, place them in a brown paper bag in a warm, dry area (out of direct sunlight) for a day or two to help ripen. If there is still not enough yellow appearing on the peel, place a ripe apple in the bag with the bananas.
- To freeze bananas, peel and store them in a container or freezer bag until ready to use.

Ways to enjoy bananas

- Serve sliced banana with peanut butter on a whole grain English muffin or whole grain bread.
- Add chopped banana to low-fat yogurt or hot or cold whole grain cereal.
- Add to smoothies or blender drinks. For example: Blend ½ cup low-fat milk, ½ cup crushed ice, a little sweetener (maple syrup, honey, etc.), 1 frozen, sliced banana, and 1 cup low-fat plain yogurt.
- Make banana “ice cream” by peeling bananas, freezing them in chunks, and blending in a blender or food processor.
- Make banana “popsicles” by freezing halved bananas on popsicle sticks. Then dip in melted chocolate and freeze again.



Banana Swirl

Freeze two bananas in chunks. Once frozen, blend in blender with two tablespoons of milk. Top with chocolate chips, fruit, or nuts to serve. Add unsweetened cocoa powder to make it a chocolate banana swirl!

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Cold Monkeys

Yield: 2 Servings | Serving Size: 1/2 Banana with Yogurt and Cereal

- 1 banana, cut into bite-size pieces
- 3/4 cup low-fat vanilla or plain yogurt
- 3/4 cup cornflakes or whole grain cereal

- 1) Spear banana pieces with toothpick and dip in yogurt.
- 2) Roll in cereal (crushed, if necessary) and freeze until hard.

Option: Spread peanut butter on the banana pieces (instead of dipping them in yogurt) and then roll them in the cereal. Freeze until hard.

Nutrition Facts	
2 servings per container	
Serving size	1/2 banana with yogurt and cereal (183g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 160mg	7%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	7%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 179mg	15%
Iron 3mg	15%
Potassium 229mg	4%
<small>*The % Daily Value 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 nutrition advice.</small>	

Tropical Smoothies

Yield: 2 Servings | Serving Size: 1 1/2Cups

- 1 ripe, frozen banana
- 1/2 cup orange juice or low-fat milk
- 1 cup low-fat vanilla yogurt
- 2 cups pineapple

- 1) Place all ingredients in a blender.
- 2) Secure lid; blend until smooth. Serve immediately.

Tip: Using frozen fruit will make smoothie thick.

Nutrition Facts	
2 servings per container	
Serving size	1.5 cups (481g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 85mg	4%
Total Carbohydrate 49g	18%
Dietary Fiber 4g	14%
Total Sugars 38g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 222mg	15%
Iron 1mg	6%
Potassium 634mg	15%
<small>*The % Daily Value 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 nutrition advice.</small>	

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