

## Banana and its Benefits

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### SUMMARY

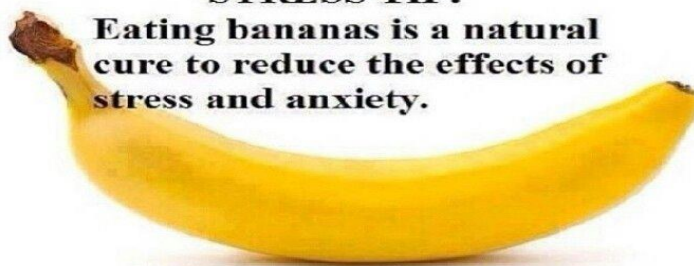
Bananas have twice as many carbohydrates, 5 times as much Vitamin A and iron, and 3 times as much phosphorus as apples. Bananas are also rich in potassium, fiber and natural sugars. The vitamin C, potassium and other vitamins and minerals bananas contain help to maintain overall good health. Because the fruit's sugar content is balanced with fiber, it helps maintain a healthy blood glucose level.

### INTRODUCTION

Bananas are a tasty and convenient source of some important nutrients. People have grown this tropical fruit since ancient times, and its health benefits have been promoted for more than a century. Individual can eat bananas raw or mixed in their favorite smoothie. Individual can enjoy their own homemade peanut butter-banana sandwich, banana bread, or banana muffins. The possibilities are plentiful.

#### STRESS TIP:

**Eating bananas is a natural  
cure to reduce the effects of  
stress and anxiety.**



### Benefits of Bananas

#### Powerful potassium:

Potassium-rich foods help manage individual blood pressure because they help he/she get rid of more sodium. Potassium also relaxes the walls of the blood vessels, which helps lower individual BP.

#### A feast of fiber:

Most of the fiber in bananas is what's called soluble fiber. It can help keep your cholesterol and blood pressure in check, and help ease inflammation.

Green bananas are full of something called resistant starch. It acts like insoluble fiber, which is the kind that can help keep individual bowels working at their best. Resistant starch also helps lower the blood sugar.

In general, foods that are high in fiber make individual feel full without extra calories. That also makes them a good choice if person want to shed a few pounds.

#### A happier belly:

Bananas are good for the tummy, too.

The yellow fruit is a source of prebiotics. Those are carbs individual don't digest, but they're a food source for the more-popular probiotics. Those are the good bacteria found in the gut.

#### The right amount of carbs:

Like all fruits, bananas have carbs. But not so many that folks with diabetes can't enjoy them. If individual have diabetes, he/she can enjoy half a banana when individual need a snack.

**Faster workout recovery:**

Research suggests bananas can also help individual bounce back from strenuous workouts. One study says male cyclists who had a banana before pedaling went quicker and had a faster recovery than those who just drank water.

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