

BANANA



DIFFERENT USES

- Drop into cereal, oatmeal, or yogurt.
- Blend with other fruits and yogurt for a tropical, nutrition-packed drink.
- Peel, cut up and eat raw .
- Spread peanut butter on a whole grain tortilla. Sprinkle granola on top. Peel and place banana on the tortilla; roll up. Drizzle honey on top.
- Slice banana, freeze and blend for an ice cream-like treat.

Nutrition Facts

Serving Size 1 medium banana (126g)

Calories 110	% Daily Value
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 30g	10%
Dietary Fiber 3g	12%

Protein 1g

Health Benefits

- Bananas are a very rich source of vitamin B6, which your brain needs to function properly.
- Loaded with fiber to help feel full longer.
- High in potassium and a good source of vitamin C.

FUN FACT

- Banana trees are not trees, they are giant herbs.
- When monkeys eat bananas they love the treat so much they go a little crazy. That is where we get the phrase "Go Bananas!"
- An average American eats 27 lbs of bananas each year.
- Those stringy parts are called phloem (pronounced FLOM).
- A bunch of bananas is called a hand. An individual banana is called a finger.