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NUTRITION AND YOU...BANANAS

FOOD FOR THOUGHT

Although bananas can only be grown in tropical regions of the world, they are the most popular fresh fruit in the United States. Bananas are a quick snack because they need no preparation and have a peel that comes off easily. Bananas are a snack of choice for athletes because they provide vital nutrients and energy that are lost during exercise.

SHOP SMART

Bananas are inexpensive and available in most grocery stores year-round. When choosing bananas look for plump, firm, brightly colored fruit. A few brown spots are normal and mean the banana is at its best eating quality.

EAT HEALTHY

Bananas are:

- An excellent source of Vitamin C
- A good source of dietary fiber
- A good source of potassium

Note: 1 cup sliced or 1 large (8 -9' long) banana provides 1 cup of your daily fruit requirement.



KEEP IT SAFE

These food safety tips will help protect you and your family:

- Wash hands for 20 seconds with warm water and soap before and after preparing food
- Bananas should not have any cracks or bruises in the skin; this could be an entry point for contamination
- Before cutting an unpeeled banana, wash it thoroughly under cool running water. Always use a clean knife
- Bananas spoil quickly and when ripe, only last for a day or two. Once ripe, they can be stored in the refrigerator to slow down ripening. Although the skin will turn dark, the fruit inside is still good to eat. Refrigerated bananas will keep about two weeks. Bananas ripen after they have been picked so they won't spoil as quickly if you buy them green

Your Local Story here:

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND
HUMAN ECOLOGY

FAMILY AND CONSUMER SCIENCES

RECIPE

Fruit Smoothie

Ingredients:

- 1 large banana
- 1 cup fresh peaches or strawberries
- 1 (8oz.) carton of yogurt (any flavor)
- ½ cup fruit juice

Instructions:

1. Combine all ingredients in a blender.
2. Blend on high until smooth.
3. Pour into 2 glasses. Serve right away.

Nutrition Facts – Fruit Smoothie

Cost: Per Recipe: \$ 1.42 Per Serving: \$ 0.71

Serving Size: ½ of recipe (316 grams)

Calories: 210 Calories from Fat: 15

Per Serving	% Daily Value*
Total Fat – 2 g	3%
Saturated Fat – 1 g	5%
Dietary Fiber – 3 g	12%
Sodium – 75 mg	3%
Sugars – 35 g	
Protein – 7 g	

*Percent daily value
Based on a 2,000
calorie diet. Your
daily values may
be higher or lower
depending on your
caloric needs.

FOCUS ON FITNESS

Have an activity party. The next time you host a birthday party, make physical activity the center of attention. Try backyard Olympics or relay races. Have a bowling or skating party.

REMEMBER:

On long commutes or shopping trips, pack some fresh fruit, cut-up vegetables, low-fat string cheese sticks, or a handful of unsalted nuts to help you avoid stopping for sweet or fatty snacks.



REFERENCES

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