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The world produces more than 150 million tons of bananas per year. Given such numbers, it is clear that bananas are one of the most popular foods in the human diet. Despite this popularity, bananas are one of those foods that split opinion. While many people believe they are a healthy choice of fruit, some claim they are little more than fruit sugar. This article takes an objective look at bananas, their nutrition profile, and their potential health effects: What does the evidence say? The following data shows the nutrition profile for one medium banana, which weighs approximately 118 grams. The source of the data is the USDA's FoodData Central database (1). Banana Nutrition Facts (Per Medium Fruit)Calories/NutrientsAmountCalories105 kcalCarbohydrate27 g Fiber3.1 g Sugars14.4 gFat0.4 g Saturated Fat0.13 g Monounsaturated Fat0.04 g Polyunsaturated Fat0.09 gProtein1.3 g As shown in the table, bananas are primarily a source of carbohydrate. Three grams of this carbohydrate is from fiber, and the sugar content of bananas comes from a combination of sucrose, glucose, and fructose. A medium-sized banana provides the following vitamins: Vitamin B6: 25% DV Vitamin C: 11% DV Pantothenic acid (B5): 8% DV Folate: 6% DV Niacin (B3): 3% DV Choline: 2.1% DV Vitamin E: 1% DV Vitamin K1: 0.5% DV Biotin (B7): 0.5% DV Vitamin A: 0.4% DV (retinol equivalent activity) Bananas offer a good amount of vitamin B6 and vitamin C. Aside from this, they contain small to moderate amounts of most other vitamins. Manganese: 14% DV Copper: 10% DV Potassium: 9% DV Magnesium: 8% DV Phosphorus: 2% DV Selenium: 2% DV Zinc: 2% DV Calcium: 0.5% DV Bananas provide a moderate amount of manganese, copper, potassium, and magnesium. They are also a good source of potassium, but they are not as rich in the mineral as some other foods. For more information on this topic, refer to the following article: How Much Potassium Is in a Banana? Interestingly, the starch-to-sugar content of bananas can change depending on the relative ripeness of the fruit. For instance, green bananas contain a large proportion of starch equivalent to approximately 80-90% of the carbohydrate content. However, bananas contain a group of amylase enzymes that progressively convert this starch to sugar as the fruit ripens (2, 3). When the banana is still green and unripe, it contains more significant amounts of a specific type of starch known as resistant starch (4). Unlike regular starch, enzymes within the small intestine cannot digest resistant starch. For this reason, it passes through the small intestine to the colon (5). In the colon, resistant starch acts like a prebiotic, and the gut microbiota ferments it. This fermentation process leads to the production of potentially beneficial end products such as butyric acid and other short-chain fatty acids (6, 7). A systematic review found that green banana consumption tended to lower the severity of symptoms from gastrointestinal conditions (8). For even more resistant starch, see this article about plantains a food closely-related to bananas. There is a varying degree of blood sugar response to all carbohydrate-containing foods. However, the glycemic index of bananas varies depending upon how ripe they are. For example, a green and under-ripe banana has a relatively low glycemic index of 43. In contrast, an over-ripe banana has a high glycemic index of 74 (9). In other words, banana consumption will increase blood sugar levels, and more quickly if the banana is ripe. For metabolically healthy individuals, insulin release quickly moves this sugar into the body's cells (10). However, for people with diabetes who cannot produce sufficient insulin (or have insulin resistance), these postprandial blood sugar increases can be more significant. In a trial featuring ten participants with type 2 diabetes, researchers recorded the impact of banana intake on blood glucose and insulin response. Furthermore, the study compared these blood sugar responses with those from consuming 40 grams of white bread. The table below shows the results of this study (9): Postprandial Blood Sugar Response To Bananas Compared With White Bread in Individuals With Type 2 DiabetesFoodBlood Glucose Response AreaOver-ripe banana106Under-ripe banana62White bread181 As shown, ripe bananas can significantly raise blood sugar levels, though not to the same extent as white bread. However, it is worth noting that consuming a banana alongside a source of fat/protein will slow digestion and reduce the postprandial glycemic response (11). The postprandial blood sugar response to food is not the only factor, and fasting blood sugar levels are just as worthy of consideration. For instance, prolonged high fasting blood sugar levels are associated with a potential increased risk of cardiovascular disease and various types of cancer (12, 13, 14, 15). Interestingly, limited research suggests that while bananas raise postprandial blood sugar, they may lower fasting blood sugar levels. This research comes from a pilot study that investigated the effect of banana intake in fifteen participants with diagnosed type 2 diabetes and fifteen healthy participants with normal blood glucose levels. In the study, daily consumption of 250 grams of banana for breakfast over 12 weeks decreased fasting blood glucose from 99 to 92 in the normal blood glucose group. In patients with type 2 diabetes, there was no significant change in fasting blood glucose over the trial (16). While the results of this study are interesting, it is a small-scale pilot study and relatively underpowered. In other words, the trial lacks sufficient strength to conclusively claim that bananas lower fasting blood glucose, and larger studies are necessary. Additionally, we should also consider what the bananas for breakfast might have been replacing in the habitual diets of the participants. For example, replacing sweetened cereal with bananas may be a net positive, but would replacing an omelet and some berries also be positive? The study doesn't tell us the answer. Diets low in dietary carbohydrate can be a useful tool for controlling blood sugar levels in people with type 2 diabetes (17). Since bananas contain a fair amount of carbohydrate and fruit sugar, they are not low-carb friendly and are not well suited for such diets. As previously mentioned, bananas can have a prebiotic effect due to their resistant starch content. Bananas also contain around three grams of fiber per medium fruit. Among the different types of fiber that bananas contain, a soluble fiber called pectin is one of the most prominent (18). Research has demonstrated that pectin can help to slow postprandial blood sugar response and it also slightly lowers LDL cholesterol levels (19, 20). Additionally, pectin has a prebiotic effect, and recent research shows that pectin may have a beneficial impact on the gut microbiota (21, 22). On this note, a randomized controlled trial looked at the effects of consuming a daily banana on the gut microbiota in thirty-four healthy women. The study found that levels of bifidobacteria and lactobacilli slightly increased over the trial. Bifidobacteria and lactobacilli are bacterial species sometimes referred to as beneficial gut bacteria. Furthermore, the study group consuming a banana each day reported significantly lower bloating levels compared to the control group (23). Bananas provide a convenient and portable source of energy. For those that enjoy bananas, there's no reason why they can't fit into an overall healthy diet. There's a bit of confusion surrounding bananas. Some people consider this iconic golden fruit a healthy choice while others avoid it, after seeing it on Internet lists of 5 Worst Foods. Unfavorable claims suggest that bananas cause weight gain and constipation. An article from 1917 published in the Journal of the American Medical Association defended the nutritional value of bananas, citing numerous beliefs during that time: The banana is a cause of indigestion and a treacherous dietary component [1] The scientific name for banana is Musa, from the Musaceae family of flowering tropical plants, which distinctively showcases the banana fruit clustered at the top of the plant. The mild-tasting and disease-resistant Cavendish type is the main variety sold in the U.S. and Europe. Despite some negative attention, bananas are nutritious and may even carry the title of the first superfood, endorsed by the American Medical Association in the early 20th century as a health food for children and a treatment for celiac disease. Vitamin B6 Fiber Potassium Magnesium Vitamin C Manganese One serving, or one medium ripe banana, provides about 110 calories, 0 gram fat, 1 gram protein, 28 grams carbohydrate, 15 grams sugar (naturally occurring), 3 grams fiber, and 450 mg potassium. Banana (Cavendish) Sometimes classified as a dessert banana, this classic type is mildly sweet when ripe. Choose bananas with green or clear yellow peels without bruising. The ripening process will change the peel from being thick and stiff to thin and more flexible, with brown spots surfacing until the entire peel darkens. For best flavor, wait until the banana is golden yellow with a few brown spots. With continued ripening, the entire peel turns brownish-black and the pulp begins to ferment and soften further while losing sweetness. The following are other banana varieties less commonly available in the U.S. Plantain (Green Banana) Larger, starchier, and less-sweet version of Musa that is often used for cooking. When green, the plantain is unripe with a neutral flavor and firm flesh. In certain tropical regions including Central America, Africa, and the Philippines, the plantain is a major source of carbohydrate that is fried, boiled, or baked in a wide variety of dishes. If allowed to mature, the skin will yellow and develop a slightly sweet flavor that may be eaten raw or cooked. Red Banana This variety is shorter and plumper than the Cavendish variety with a dark reddish-purple hue. A ripe red banana will be creamy and often sweeter than Cavendish bananas. Lady Finger Thinner and slightly shorter than the Cavendish bananas, they are sweeter and eaten raw or as dessert. Cardiovascular health Bananas are an excellent source of potassium, a vital mineral and electrolyte in the body that carries a small electrical charge. These charges cause nerve cells to send out signals for the heart to beat regularly and muscles to contract. Potassium is also needed to maintain a healthy balance of water in cells, and offsets the effects of excess dietary sodium. An imbalance in the diet of too little potassium and too much sodium can lead to high blood pressure. Excessive sodium can lead to a buildup of fluid in the blood, placing pressure on the walls of blood vessels and eventually causing damage. Potassium helps the body to flush out extra sodium in the urine, and eases tension in blood vessel walls. Bananas, rich in potassium and fiber and low in sodium, are an important component of heart-healthy diets like DASH (Dietary Approaches to Stop Hypertension) that aims for about 4,700 mg dietary potassium daily. Digestive health Bananas are included in the BRAT diet (an acronym for Bananas, Rice, Applesauce, Toast), a once commonly prescribed regimen for patients with diarrhea or who required a bland, easy-to-digest diet after stomach ailments. Not just easy to eat, bananas can help replete electrolytes like potassium that are lost with diarrhea or vomiting, and contain resistant starch (especially if using cooked less-ripe green bananas) that may support gut healing.Unripe bananas contain resistant starch, a type of carbohydrate that resists digestion in the small intestine. It is absorbed slowly and does not cause sharp rises in blood sugar. The starch acts as food for the growth of beneficial microbes in the digestive tract. Microbes break down and ferment the starch as it passes into the large intestine, producing short-chain fatty acids (SCFA) that may play a role in the prevention of chronic diseases including digestive disorders. Clinical studies have shown the potential use of SCFA in the treatment of ulcerative colitis, Crohns disease, and antibiotic-associated diarrhea. [2] Weight control There is no evidence that bananas contribute to weight gain, despite popular belief. In an analysis of three large prospective cohort studies, researchers looked for associations between reported intakes of specific fruits and vegetables and weight changes in 133,468 U.S. men and women followed for up to 24 years. [3] The results were adjusted to account for other factors that can contribute to weight changes like smoking and physical activity. Though higher intakes of apples, pears, and berries tended to more strongly show a link to less weight gain over time, bananas were also associated with less weight gain. Store at room temperature away from direct sunlight. Do not refrigerate green bananas as this can disrupt normal ripening. To speed up ripening, store in a brown paper bag or place near ripe fruit, which emits ethylene gas that causes ripening. On the flipside, if you wish to slow ripening, store bananas away from other ripe bananas or fruits. Do not store in plastic bags as this traps excess moisture and may promote rotting. Banana trees or hangers help expose a cluster of bananas to an even amount of oxygen, and promote gradual ripening by preventing excess pressure and moisture from collecting on the bananas at the bottom of the cluster. Fully ripe golden yellow bananas may be stored in the refrigerator in a sealed produce drawer. Refrigeration will preserve the flavor for another week, even if the peels continue to darken. If the banana peel has ripened to a mostly brown color, remove the peel and chop or mash the pulp to include in baked goods or freeze to be added into smoothies.Slice ripe banana into a fruit salad. Squeeze a bit of acid like apple cider vinegar, orange juice, lime, or lemon onto the bananas to prevent darkening too quickly. Substitute an equal amount of mashed banana for butter for dense baked goods like muffins, quick breads, and cookies. Using banana may cause the product to bake faster, so check for doneness several minutes earlier than usual or reduce the oven temperature by 25F. The bananas will also add sweetness, so reduce the amount of added sugar in the recipe by one-quarter to one-half. For a frozen treat, slice a peeled ripe banana in half (in the middle) and insert a popsicle stick or skewer into the flat end. Dip banana into yogurt and coat evenly; sprinkle with nuts, chopped dried fruit, cinnamon, or other favorite toppings and freeze for several hours. For an easy dairy-free ice cream alternative, peel, chop, and freeze two medium bananas. Place into a blender or food processor and add a few tablespoons of liquid (water, dairy or plant milk, or coconut water). Blend until smooth. Add extra liquid if additional creaminess is desired. For a different flavor, add 1-2 tablespoons unsweetened cocoa powder or nut/seed butter, a splash of vanilla extract and cinnamon, or cup frozen berries. More recipe ideas and serving suggestions featuring bananas: Whole Wheat Banana Nut MuffinsIn many countries, banana and plantain leaves are recycled as food wrappers, such as to hold tamales and meats. They are also used to cover or wrap various foods while cooking to help seal in flavor. Banana peels plant plant chemicals in the form of antioxidants, and have long been used in traditional and folk medicine as an antiseptic and anti-inflammatory to promote wound healing such as for bug bites, minor burns, and sunburns. [4] As a simple home remedy, the inside of the banana peel is pressed on a wound for several minutes. References The Banana AgainJAMA. 1917;6923:19721974Den Besten G, van Eunen K, Groen AK, Venema K, Reijndoud DJ, Bakker BM. 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Thank you from GameBanana BenefitsPotassiumNutritionDietRisksFAQBananas contain essential nutrients that may enhance heart health, help manage blood pressure, and boost a person's mood, among other benefits. While bananas can be good for health, there may be risks in some cases.This article will take a look at the potential health benefits of bananas, such as improving heart health and promoting regularity. It also examines the possible health risks that doctors have associated with bananas.Share on PinterestBananas are high in potassium and contain good levels of protein and dietary fiber.The following sections explain some of the possible health benefits of bananas.The American Heart Association (AHA) encourage people to lower their intake of salt, or sodium, and increase their consumption of foods that contain potassium. Potassium can help manage blood pressure and reduce strain on the cardiovascular system.A medium banana provides almost 9% of a person's daily potassium needs, according to the nutritional information from the above source.A 2007 study suggested that eating bananas might help prevent wheezing in children with asthma. One reason for this could be the antioxidant and potassium content of bananas. However, more research is needed to confirm these findings.Laboratory investigations have suggested that lectin, a protein that occurs in bananas, may help prevent leukemia cells from growing.Lectin acts as an antioxidant. Antioxidants help the body remove molecules known as free radicals. If too many free radicals build up, cell damage can occur, potentially leading to cancer.In 2004, researchers noted that children who consumed bananas, orange juice, or both appeared to have a lower risk of developing leukemia.The study authors suggested that this could be due to the vitamin C content, as this, too, has antioxidant properties.Bananas contain fiber, potassium, folate, and antioxidants, such as vitamin C. All of these support heart health.A 2017 review found that people who follow a high fiber diet have a lower risk of cardiovascular disease than those on a low fiber diet. Those who consumed more fiber also had lower levels of low-density lipoprotein (LDL), or bad cholesterol.The author of a 2018 review concluded that eating a high fiber diet could reduce the risk of type 2 diabetes and may lower blood sugar in those who already have the disease.Bananas contain water and fiber, both of which promote regularity and encourage digestive health. One medium banana provides approximately 10% of a person's fiber needs for a day.Bananas are also part of an approach known as the BRAT diet, which some doctors recommend for treating diarrhea. BRAT stands for bananas, rice, applesauce, and toast.Diarrhea can lead to a loss of water and electrolytes, such as potassium. Bananas can replace these nutrients.High fiber foods can trigger bloating, gas, and stomach cramps in people with inflammatory bowel disease (IBD), according to a 2012 study. However, bananas may improve symptoms, the authors concluded.Bananas contain tryptophan, an amino acid that may help preserve memory, boost a person's ability to learn and remember things, and regulate mood.Bananas are rich in the mineral potassium. Potassium helps maintain fluid levels in the body and regulates the movement of nutrients and waste products in and out of cells.Potassium also helps muscles to contract and nerve cells to respond. It keeps the heart beating regularly and can reduce the effect of sodium on blood pressure.Potassium may reduce the risk of kidney stones forming as people age. In turn, healthy kidneys make sure that the right amount of potassium stays in the body.One medium sized banana contains 422 milligrams (mg) of potassium.It is best to try to get potassium from dietary sources, such as bananas. Otherwise, potassium supplements are available to purchase online.Find out more about potassium. NutrientAmount in one medium bananaDaily adult requirementEnergy (calories)1051,8003,000Carbohydrate in grams (g)27, including 14.4 g of sugar130Fiber (g)3.125,233.6Protein (g)1.34656Magnesium (mg)31.9320420Phosphorus (mg)26700Potassium (mg)4224,700Selenium in micrograms (mcg)1.955Choline (mg)11.6425550Vitamin C (mg)10.37590Folate (mcg)DFE)23.6400Beta carotene (mcg)30.7No dataAlpha carotene (mcg)29.5No dataFresh bananas are available year-round. Unlike most fruits, bananas continue to ripen steadily at room temperature. To ripen faster, people can try keeping them in a paper bag. Refrigerated bananas will ripen more slowly. The outer peel of the banana will darken in the fridge, but the banana itself will stay intact longer. Here are some tips for using bananas: Add a sliced banana to your morning cereal or oatmeal for a more nutritious breakfast. Mash ripe bananas and use to replace butter or oil in baked goods. Add mashed bananas to protein bars, cookies, and cakes for a naturally sweet flavor. Add bananas to a smoothie. Take a banana to work or school for a healthy, portable snack. Other banana products include banana chips and banana powder. People should check the label of processed products before buying them, as they may contain added sugar, salt, or fat. Plantain is a savory cousin of the banana that is popular in Central America. People need to cook plantain before eating it. Plantain chips are also available to buy. Some people should take care not to eat too many bananas. Beta-blockers: Doctors often prescribe these drugs to reduce the risk of complications that they associate with cardiovascular disease. Beta-blockers can raise potassium levels in the blood. Consuming too much potassium can be harmful to those whose kidneys are not fully functional. If the kidneys are unable to remove excess potassium from the blood, it could be fatal. People who use beta-blockers should eat high potassium foods, such as bananas, in moderation. What else should you know about beta-blockers? Find out here. Allergy: Bananas may trigger an allergic reaction in some people. Anyone who experiences itching, hives, swelling, wheezing, or difficulty breathing should seek medical help at once. A severe reaction can lead to anaphylaxis, which can be life threatening. Migraine: Bananas may trigger migraines in some people. Below are some commonly asked questions about bananas. Bananas are a healthy, nutrient-dense snack. Therefore, eating a banana every day is certainly a good idea. However, if a person has any health concerns, including uncontrolled diabetes, late-stage kidney failure, or is taking medication for high blood pressure, they should check with a health professional to see if bananas are safe for them to eat. According to one 2022 study, blueberries are one of the five major healthy foods for humans and are recognized as the king of the world fruit. Blueberries contain organic acids, phenolics, vitamins, and minerals. They also contain antioxidant, anti-inflammatory, anticancer, neuroprotective, and vision improvement properties. That said, all fruit is considered healthy and eating a mix of fruits will provide a person with a variety of nutrients. A banana will raise a person's blood sugar, but how much will depend on the size and ripeness of the banana, and the foods it is paired with a person can enjoy bananas with healthy fats and protein to help minimize the blood sugar response. Bananas are a popular fruit that contain essential nutrients that help keep a person healthy. It is worth noting that while the nutrients in bananas can boost health and prevent diseases, eating bananas may not have the same impact on everyone. However, a diet that is rich in fresh fruits and vegetables will provide a range of essential nutrients that can help keep a person well. Nutrition / Diet Obesity / Weight Loss / Fitness Medical News Today has strict sourcing guidelines and relies on peer-reviewed studies, academic research institutions, and medical journals and associations. We only use quality, credible sources to ensure content accuracy and integrity. You can learn more about how we ensure our content is accurate and current by reading our editorial policy. A primer on potassium. (2018). 7. Nutritional goals for age-sex groups based on dietary reference intakes and Dietary Guidelines recommendations. (2015). . (2018). raw. (2019). ripe and slightly ripe, raw. (2020). A. 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Banana lectin: A brief review. M.-L. S., et al. (2018). Dietary trigger factors of migraine and tension-type headache in a South East Asian country. S.-B. S., & Akhondi, H. (2019). Bland diet, contain a fair amount of carbs, water, fiber, and antioxidants but little protein and almost no fat. One medium banana contains: Calories: 112 Fat: 0.4 grams (g) Protein: 1 g Carbs: 29 g Fiber: 3 g Vitamin C: 12% of the Daily Value (DV) Riboflavin: 7% of the DV Folate: 6% of the DV Niacin: 5% of the DV Copper: 11% of the DV Potassium: 10% of the DV Magnesium: 8% of the DV Bananas are rich in soluble fiber. During digestion, soluble fiber dissolves in liquid to form a gel. This means that despite their higher carb content, bananas may not cause major spikes in blood sugar levels in people who don't have diabetes. However, for those who have diabetes, eating a large portion in one sitting may cause blood sugar levels to rise too high, so its best to stick to one banana at a time. Dietary fiber has been linked to many health benefits, including improved digestion. Resistant starch, the type of fiber found in unripe bananas, is a prebiotic. Prebiotics escape digestion and end up in your large intestine, where they become food for the beneficial bacteria in your gut (probiotics). Whats more, pectin a fiber found in both ripe and unripe bananas may help prevent constipation and soften stools. Some test-tube studies even suggest that pectin may help protect against colon cancer, although further research in humans is needed to learn more about this possible benefit. No study has directly investigated the effects of bananas on weight loss. However, bananas have several attributes that could make them a weight-loss-friendly food. Bananas have relatively few calories just over 100 calories in an average banana but are nutritious and filling. Theyre also packed with dietary fiber and resistant starch, which may help you feel full longer and reduce the frequency and size of your meals. If you'd like to include unripe bananas in your diet, try using them as you'd use plantains. Potassium is a mineral thats vital for heart health and especially for blood pressure management. However, few people get enough potassium in their diet. Bananas are a great source of potassium, with a medium banana providing 10% of the DV. Magnesium deficiency (hypomagnesemia) may be linked to an increased risk of heart disease, elevated blood pressure, and high levels of fats in the blood. Therefore, its essential to get enough of this mineral from either your diet or supplements. Fruits and vegetables are excellent sources of dietary antioxidants, and bananas are no exception. Antioxidants help prevent oxidative damage to your cells caused by free radicals. If you do not consume enough antioxidants, free radicals can build up over time and cause harm if their levels become high enough in your body. The soluble fiber in bananas may help keep you full by adding bulk to your digestive system and slowing digestion. Additionally, bananas are relatively low in calories for their size. Combined, the low calorie and high fiber content of bananas make them a more filling snack than some other options, such as processed or sugary boxed snacks. Protein is filling, but bananas are low in this macronutrient. For a hunger-reducing snack, you can try eating a sliced banana with a protein-rich food such as Greek yogurt or blending a banana into a protein shake. Studies suggest that regularly eating resistant starch may improve insulin sensitivity, making your body more responsive to the blood sugar-regulating hormone insulin. However, more research is needed to investigate how the resistant starch in green (unripe) bananas might affect insulin sensitivity. Potassium is vital for healthy kidney function and blood-pressure regulation. As a great dietary source of potassium, bananas could be especially beneficial for keeping your kidneys healthy. A 2019 study that included more than 5,000 people with early stage chronic kidney disease linked potassium with lower blood pressure and a slower progression of kidney disease. However, some people who have late-stage kidney disease or are undergoing dialysis need to restrict their potassium intake. If you fall into one of these categories, speak with a healthcare professional before increasing your potassium intake. Bananas are sometimes referred to as the perfect food for athletes. This is largely due to their content of easily digested carbs, along with potassium and magnesium, which act as electrolytes. Specific research on the effects of bananas on exercise performance, cramping, and exercise recovery is lacking. But bananas can provide excellent nutrition before, during, and after exercise. Bananas are not only healthy and tasty but also convenient. They make a great addition to yogurt, cereal, or smoothies, and they work well as a topping for whole grain toast with peanut butter. You can even use them in place of sugar in your baking and cooking. Bananas are also easy to transport and are usually well tolerated and easily digested. All you need to do is peel them and youre good to go. Bananas are healthy, delicious, and versatile fruits. Theyre full of nutrients that could help prevent constipation, improve digestive and gut health, and promote recovery from intense activity. Eating one banana per day will provide: 12% of the DV for vitamin C 10% of the DV for potassium 8% of the DV for magnesium Eating one banana per day is a healthy option. But since most of the calories in bananas come from carbs, eating too many bananas may result in high blood sugar levels in people with diabetes. Bananas are a nutritious, low calorie fruit that may help improve blood sugar levels prevent constipation improve gut, kidney, and heart health aid in weight loss keep you feeling full support exercise recovery Bananas are a common breakfast food because they are nutritious, filling, and easy to eat. However, since bananas are high in carbs, they may increase blood sugar levels in people with type 2 diabetes. Pairing a banana with a food thats high in protein and fat, such as Greek yogurt, may be more beneficial. Healthline has strict sourcing guidelines and relies on peer-reviewed studies, academic research institutions, and medical journals and associations. We only use quality, credible sources to ensure content accuracy and integrity. 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