

Pick a better snack™



Banana

Bananas are a long, thick-skinned fruit. They have a peel which comes off easily. Bananas ripen after they have been picked. They are ripe when the skin is yellow and speckled with brown spots. Avoid bananas with brown spots that seem very soft.

Bananas are fruit which grow in hanging clusters on plants which look like — but are not — trees.

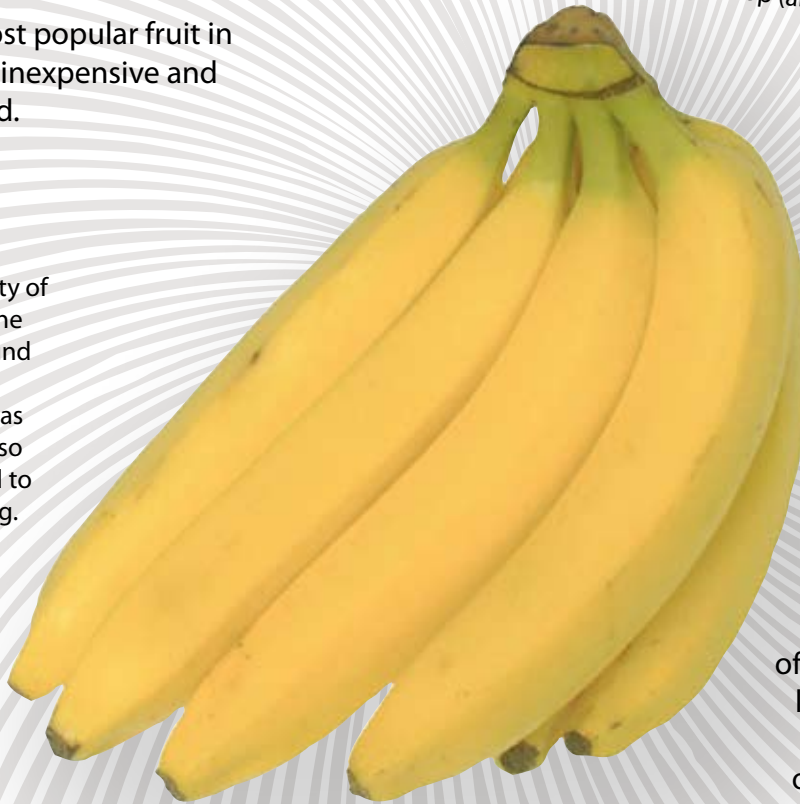
Bananas originally came from the Malaysian area in Southeast Asia. Grown in many tropical regions, bananas are the fourth most important food crop (after rice, wheat and corn).

Bananas are the most popular fruit in the world. They are inexpensive and available year-round.

VARIETIES

The most popular variety of banana, Cavendish, is the familiar yellow type found in most grocery stores. Plantains, Finger Bananas and Red Bananas are also popular. Plantains need to be cooked before eating.

Although some wild varieties have hard seeds, almost all bananas people eat are seedless.



NUTRITION FACTS

- High calories
- Fat free
- Cholesterol free
- Sodium free
- High in potassium
- High in vitamin C
- High in vitamin A

USES

Bananas are delicious eaten after peeling off the skin. Enjoy a banana for lunch or as a snack. Eat sliced bananas in cereal, yogurt or on a peanut butter sandwich. Banana bread and muffins are very popular.

Bananas are not grown in Iowa.



Funded in part by USDA's Supplemental Nutrition Assistance Program in cooperation with the Iowa departments of Public Health and Human Services, equal opportunity providers and employers. The Iowa Food Assistance Program can help you buy nutritious food for a healthy diet. To find out more, visit www.yesfood.iowa.gov.

This material was developed by the University of Nebraska - Lincoln Extension in Lancaster County.

