

## BANANAS – A HEALTHY OPTION

Bananas are a staple fruit of India. They are one of the healthiest fruit options as well as among the cheapest. Another huge advantage is that they are available throughout the year unlike most other fruits. Bananas are often ignored in favour of other more fancy fruit but one cannot ignore the fact that they are healthy, wholesome and high in nutritional content. They are a caloric dense and nutrient dense food which is useful for patients with extreme weight loss.

*A medium sized banana contains 90 calories and when broken down, contains 0.4 grams of fat, 22.8 grams of carbohydrates and 1.1 grams of protein.*

Bananas are rich in vitamins such as vitamin A which is crucial for the development of specialised tissue in the eyes. Other vitamins present include vitamin B6, riboflavin, folate and pantothenic acid. They also have a small amount of vitamin C in them.

Bananas also have a high mineral content and are considered a natural source of potassium and magnesium. Potassium is important for the human body as it helps in regulating blood pressure by maintaining electrolyte balance in the body and also promoting bone health.

They are also rich sources of dietary fibre such as the soluble fibre pectin. They therefore not only help in the digestive process but also in curing intestinal disorders such as constipation. Bananas are also a natural source of iron, thereby making

them an ideal supplement for people suffering from anaemia.

Bananas are also extremely beneficial to people suffering from stomach ulcers. They are not only soft in texture and easily digestible but also contain the ability to neutralise acidity – thereby having an antacid effect. They contain a compound called as protease inhibitor which protects the stomach from unfriendly bacteria which can cause stomach or gastrointestinal disturbances.



Bananas are also capable of improving our mood! They contain a compound called tryptophan which on converting to serotonin is capable of inducing a soothing and calming effect on us. They are truly an ideal food.