

**Beneficial Bites:**

☺ Bananas are the most popular fruit in America! And for good reason…

☺ In addition to the Potassium they are best known for, bananas are rich in antioxidants Vitamin C and Manganese.

☺ “A *banana* a day keeps the doctor away!” Compared to an apple, a banana provides 4 times the protein, 3 times the phosphorus, and 5 times the vitamin A and iron.



**Did you know?**

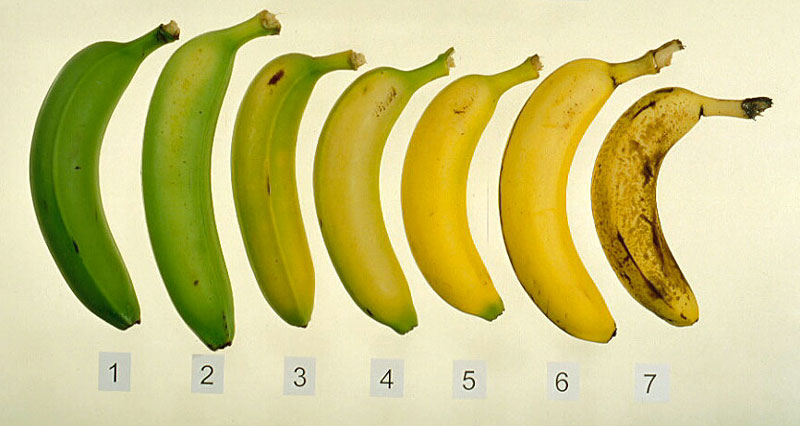
☺ Bananas weren’t always called bananas. Throughout their history, they have been called banna, ghana, and funana, receiving a new name each time a group of people was introduced to them.

☺ Bananas have been called the “Fruit of the Wise Men”. According to legend, Indian wise men meditated under the shady green leaves of banana plants.

☺ More than 500 varieties of bananas are grown around the world! Florida’s climate supports several dooryard varieties, such as the Apple Banana and the Dwarf Cavendish.







**Food for thought:**

☺ Bananas are often green, or under-ripe, at the grocery store but best eating quality is reached when the skin reaches a solid yellow color.

☺ Overripe bananas, like the one on the far right above, will give off a strong odor and have a higher sugar content.

☺ Once ripe, bananas will store in the refrigerator for 3 to 5 days. The peel may turn brown but the fruit itself will not change.

☺ Just like apples, bananas will turn brown after being cut. To prevent this, squeeze a little orange, lemon, or lime juice on your sliced banana and enjoy some extra Vitamin C!

