

BANANAS

Bananas are among the most widely consumed fruits on the planet and, according to the U.S. Department of Agriculture. The curvy yellow fruits are high in potassium and pectin, a form of fiber. They can also be a good way to get magnesium and vitamins C and B6. Bananas are high in antioxidants, which can provide protection from free radicals, which we come into contact with every day, from the sunlight to the lotion you put on your skin.

Health benefits

Heart health - Bananas are good for your heart. They are packed with potassium, which is required to keep your heart beating. Bananas' high potassium and low sodium content may also help protect your cardiovascular system against high blood pressure.

Digestion and weight loss - Bananas are high in fiber, which can help keep you regular.

Vision - The fruits contain a small but significant amount of vitamin A, which is essential for protecting your eyes, maintaining normal vision and improving vision at night.

