

HEALTH BENEFITS OF BANANA FRUITS



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Health Benefits of Banana

Banana is Rich in Moisture

100 grams of raw banana fruit contains 74.91 grams of moisture.

Significance of Moisture/Water in Our Body: Skin needs to be well hydrated all the times to keep its healthy appearance. Our bodies are composed of up to 70% of water. Blood, brain, muscles, lungs etc all contain a lot of water. Body needs water to regulate the body temperature and for transporting nutrients, removing bodily toxins and waste, and for protecting body organs. A dehydrated body accelerates the ageing process. When body is dehydrated it results in energy loss, headaches and fatigue. We need to consume lots of water every day through drinking water or eating fruits and vegetables containing lots of moisture. Water also acts as appetite suppressant and hence helps in losing body weight.

Banana is Energy-Dense Fruit

100 grams of raw banana fruit contains 89 kcal (kilo calories) of energy.

Significance of Energy-Rich Foods:

A right diet is high in nutritional value and provides sufficient calories of energy for bodily functions. All foods, whether carbohydrates, fats or proteins, contain calories, i.e. provide energy. Calorie is a unit of measure of energy. A successful diet program contains right measures of energy. It is all about balance-balance between the calories consumed and the calories required by a body to perform its functions. Surplus calorie consumption results in overweight and insufficient consumption of calorie results in underweight. Both the extremes need to be avoided while planning a balanced diet. Vegetables are low-calorie foods and hence highly suitable for weight-reducing and health-promoting dietary programs.

Banana is Rich in Dietary Fiber

100 grams of raw banana fruit contains 2.6 grams of dietary fiber.

Significance of Dietary Fiber:

Dietary fiber is good for human body. Fruits are rich source of dietary fiber. High fiber foods is good for weight loss as they take long time to get digested and also make you feel full for a long period of time. High fiber food aids in digestion, cures constipation, lowers blood cholesterol, cleanses the gastrointestinal tract and may reduce the risk of developing diabetes and colorectal cancer.

Banana is Rich in Vitamin C and Vitamin B Complex

100 grams of raw banana fruit contains 8.7 grams of Vit.C

Significance of Vitamin C: Vitamin C is also known as ascorbic acid. It is a powerful antioxidant vitamin. Vitamin C helps in absorption of iron and calcium. It increases body's natural immunity. Vitamin C deficiency results in a disease called scurvy. Major symptoms of scurvy are bleeding gum, joint pain, and hair loss.

Significance of Vitamin B Complex: Banana is also rich in Vitamin B-Complex. Vitamin B complex contains Vitamin B1 (thiamine), B2 (riboflavin), B3 (Niacin or Nicotinic acid), B5 (Pantothenic acid), B6 (Pyridoxine), B7 (biotin), B9 (Folate/ Folic acid) and B12 (Cobalamin).

Vitamin B1 is also known as Thiamine. It is essential for proper functioning of muscular and nervous systems. It also facilitates fatty acid production in the body and is essential for energy production within the body. Its deficiency disorder is called Beriberi, major symptoms of which is improper functioning of muscular and nervous systems.

Vitamin B2 is also called Riboflavin. It is essential for eye health, skin health, hair health and energy metabolism. It is a powerful antioxidant vitamin. It also helps in the activation of Vitamin B6 and Vitamin B4. Major deficiency symptoms include swelling and redness of mouth, lips, tongue and skin. Another deficiency is anaemia due the decreased RBC (red blood cell) count.

Vitamin B3 is also called Niacin or Nicotinic acid. It is essential for skin health, proper functioning of nerves, and digestion. It also reduces blood cholesterol level and therefore risk of heart attack. Deficiency disorder is called Pellagra. Deficiency symptoms include rashes on the skin, dementia and diarrhea. The more severe case of the deficiency leads to death.

Vitamin B6 is also known as Pyridoxine. It is essential for fat metabolism and protein metabolism. It also helps in the production of RBCs and neurotransmitters. Vitamin B6 facilitates proper functioning of estrogen and testosterone hormones in the body. Deficiency symptoms include depression, improper functioning of immune system and sores in mouth.

Vitamin B9:It is also called Folic acid or Folate. It is essential for energy production from food. It helps in synthesis of nucleic acids and proper functioning of immune system and blood production by facilitating functioning of iron and increasing production of RBCs. It also helps in controlling amino acid metabolism.

Banana is Rich in Minerals Potassium, Phosphorous and Magnesium

100 grams of raw banana fruit contains 358 mg of Potassium, 27 mg of Magnesium and 22 mg of Phosphorus

Significance of Mineral Potassium: Potassium is an essential mineral that plays an important role in lowering blood pressure.

Significance of Mineral Phosphorous: Phosphorus is an essential component for the formation of high energy compounds and various nucleic acids. Phosphorous is a major component of bone and teeth and it also increases body's immunity. Phosphorous deficiency may result in anaemic appearances, weaknesses in muscles, poor immune symptoms etc.

Significance of Mineral Magnesium: Magnesium promotes appetite and regulates blood pressure. It also promotes kidney health. Magnesium deficiency may result in poor appetite, weakness, osteoporosis, kidney stones, depression and anxiety, and high blood pressure.



Table 1: Proximate in Raw Banana Fruit

Nutrient	Unit	1Value per 100 g
Proximate		
Water/Moisture	g	74.91
Energy	kcal	89
Protein	g	1.09
Total lipid (fat)	g	0.33
Carbohydrate, by difference	g	22.84
Fiber, total dietary	g	2.6
Sugars, total	g	12.23

Table 2: Vitamins in Raw Banana Fruit

Vitamins	Unit	1Value per 100 g
Vitamin C, total ascorbic acid	mg	8.7
Thiamin	mg	0.031
Riboflavin	mg	0.073
Niacin	mg	0.665
Vitamin B-6	mg	0.367
Folate, DFE	µg	20
Vitamin B-12	µg	0
Vitamin A, RAE	µg	3
Vitamin A, IU	IU	64
Vitamin E (alpha-tocopherol)	mg	0.1
Vitamin D (D2 + D3)	µg	0
Vitamin D	IU	0
Vitamin K (phylloquinone)	µg	0.5

Table 3: Minerals in Raw Banana Fruit

Minerals	Unit	1Value per 100 g
Calcium, Ca	mg	5
Iron, Fe	mg	0.26
Magnesium, Mg	mg	27
Phosphorus, P	mg	22
Potassium, K	mg	358
Sodium, Na	mg	1
Zinc, Zn	mg	0.15

Table 4: Fatty Acids/Lipids in Raw Banana Fruit

Lipids	Unit	1Value per 100 g
Fatty acids, total saturated	g	0.112
Fatty acids, total monounsaturated	g	0.032
Fatty acids, total polyunsaturated	g	0.073
Fatty acids, total trans	g	0
Cholesterol	mg	0

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