

# The Power of the Banana



## Banana Facts - An Athlete's Friend

- There are approximately **30 grams of carbohydrates** in a Chiquita banana supplying the fuel your body needs for muscle and central nervous system activity.
- The banana's combination of carbohydrates, simple sugars, starch and dietary fiber gives you the quick boost and sustained release of energy over time to help improve your endurance and concentration during physical activity.
- The potassium in bananas helps your body maintain fluid balance in blood and tissue cells. Potassium is also an essential mineral for protein synthesis and the building of muscle because it stimulates nerve impulses for muscle contraction.
- Eating a banana will raise your energy level by 20 percent for two hours straight, according to Tufts University researchers.

## More FUN Banana facts:

- One large banana is considered two servings of fruit.
  - *How many fruit servings do you need a day?* 4 servings per day
  - Examples:
    - 1 medium whole fruit
    - ½ cup cut-up fruit
    - ¼ cup 100% fruit juice
    - ¼ cup dried fruit<sup>1</sup>
- More than one billion bananas are eaten every year.
- Which country produces the largest amount of bananas in the world? *India, next up is China*
- America's eat more bananas than any other country.
- Bananas don't grow on trees. Even though banana plants can grow to be 30 feet in height, they're not technically trees: their stems are sturdy, but contain no woody tissue.

# Nutrition Facts

Serving Size (126g)

Amount Per Serving

**Calories 110**      **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g**      **0%**

**Saturated Fat 0g**      **0%**

**Trans Fat 0g**

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

**Potassium 450mg**      **13%**

**Total Carbohydrate 30g**      **10%**

**Dietary Fiber 3g**      **12%**

**Sugars 19g**

**Protein 1g**

**Vitamin A 2%**      •      **Vitamin C 15%**

**Calcium 0%**      •      **Iron 2%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Potassium			3,500 mg	3,500 mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4