

Bananas

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High in Potassium and Magnesium, Banana makes you feel energetic.

GEEK TALK

Musa acuminata and Musa balbisiana

BUT WE TALK

Plátanos (Spa.), Kela (Hindi)

DID YOU KNOW?

The Banana plant is unique in that virtually all parts of the plant (with the exception of the roots) are either edible or used in a dining occasion.

The stem is a vegetable used in S.Indian cooking. It is also used in Mohinga (often called the Burmese national dish of rice noodles and fish soup).

The Plantain (unripened banana) is a vegetable and widely used in W.Africa, the Caribbean, Latin America, and S.India.

An average Banana contains about 450 mg of Potassium. Potassium in its isotope form K-40 makes the plant tissues radioactive. So a banana is naturally radioactive!

India followed by Ecuador, China, Columbia, and Costa Rica are the world major producers of banana and together they contribute for half the global Cavendish output. Banana is also the fourth largest agricultural product in the world in terms of consumption.

KITCHEN PHARMACY

- They are a good source of potassium and magnesium which aid in maintaining normal blood pressure and are heart protective.
- Bananas have an antacid effect and are said to protect against stomach ulcers.
- Bananas are rich in the soluble fiber pectin. Thereby it

assists healthy digestion and eases out constipation.

- -Bananas are a caloric dense fruit. Consumption of just one banana anytime through the day makes one feel energetic.

