



# A nutrition Fact Sheet



## Bananas

### Nutrition Facts

One banana provides about 20% of the recommended daily amounts of vitamin B-6 and vitamin C and over 10% of the recommended daily amount for potassium and fiber.

### Buying and Storing

- Choose bananas according to the peel color and ripeness desired. Select bananas that are bright yellow for salads or immediate eating.
- Use fully ripe bananas, with speckles on the peel for baking, smoothies, or recipes that specify mashed bananas.
- To slow ripening, refrigerate. (The peel will turn black but the fruit inside will be fresh and ripe).
- If bananas are too green, place them in a brown paper bag in a warm dry area (but not in direct sunlight) for a day or two to help ripen. If there is still not enough yellow appearing on the peel, place a ripe apple in the bag with the bananas.
- To freeze bananas, peel and store them in a container or freezer bag until ready to use.



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### Ways to Enjoy

- Serve sliced banana with peanut butter on a whole grain English muffin or whole grain bread.
- Add chopped banana to lowfat yogurt or hot or cold whole grain cereal.
- Add to smoothies or blender drinks. For example: Blend ½ cup lowfat milk, ½ cup crushed ice, a little sweetener (maple syrup, honey, etc.), 1 frozen, sliced banana, and 1 cup lowfat plain yogurt.
- Make banana “ice cream” by peeling bananas, freezing them in chunks, and blending in a blender or food processor.
- Make banana “popsicles” by freezing halved bananas on popsicle sticks. Then dip in melted chocolate and freeze again.

### Contact Us

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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



## Tropical Smoothie

Yield: 2 servings • Serving Size: 1½ cups

- 1 ripe frozen banana
- ½ cup orange juice or lowfat milk
- 1 cup lowfat vanilla yogurt
- 2 cups pineapple

1. Place all ingredients in a blender.
2. Secure lid; blend until smooth. Serve immediately.

**Tip:** Using frozen fruit will make smoothie thick.

Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>1/2 banana with yogurt and cereal (183g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 16g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	
Vitamin D 0mcg	0%
Calcium 179mg	15%
Iron 3mg	15%
Potassium 229mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## Cold Monkeys

Yield: 2 servings • Serving Size: ½ banana with yogurt and cereal

- 1 banana, cut into bite size pieces
- ¾ cup lowfat vanilla or plain yogurt
- ¾ cup cornflakes or whole grain cereal

1. Spear banana pieces with toothpick and dip in yogurt.
2. Roll in cereal (crushed, if necessary) and freeze until hard.

**Option:** Spread peanut butter on the banana pieces (instead of dipping them in yogurt) and then roll them in the cereal. Freeze until hard.

## Easy Fruit Salad

Yield: 4 servings • Serving Size: 1 cup

- 2 apples, cut into chunks
- 1- 8 ounce can pineapple chunks and juice
- 2 bananas, sliced
- ½ cup grapes, cut in half (optional)

1. In a large bowl, combine apple, pineapple, and juice.
2. Add bananas and grapes (if using). Stir well. Serve immediately.

**Tip:** Add any fresh or canned fruits on hand.

Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>1.5 cups (481g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 49g	<b>18%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 38g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	0%
Calcium 222mg	15%
Iron 1mg	6%
Potassium 634mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>1 cup (207g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 21g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 0mg	0%
Potassium 381mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	