

Science-backed benefits of banana.

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Summary

Bananas are the one fruit that comes packed in nature and can be used in practically any smoothie, fruit salad, or yoghurt bowl, aside from being delicious on their own.

Health Benefits

Potassium content for the heart

Potassium is beneficial to the circulatory system and heart health. The more potassium you consume, the more sodium you lose through urine, according to the American Heart Association. Potassium also relieves stress in the walls of your blood vessels, lowering blood pressure even more. In persons with blood pressure above 120/80 who are otherwise healthy, increasing potassium through diet is indicated. Bananas include potassium, which can help to reduce the risk of stroke. According to Valerie Agyeman, RD, most persons require 4,700 mg of potassium per day. One banana provides around 10% of the daily required amount of potassium, which is around 470 milligrams. Potassium at excessive dosages, on the other hand, is harmful to people who have known or undiscovered kidney problems and/or are taking kidney-related medications. Therefore, always consult doctor before giving a start to eating this fruit if you face any of the above conditions [1,2].

Fibre content

Bananas' high fibre content can aid with constipation and diarrhoea. Isn't it amazing that bananas and apples are two fruits that are advised for a healthy diet when suffering from either loosies or constipation? However, some doctors advise against eating bananas if you have a cough, cold, or chest congestion, for fear of aggravating the condition. The fruit's fibre, together with resistant starch (a type of carb), is recognised for helping with constipation and diarrhoea by firming up your stool and transporting it along your gut.

Beneficial to your gut microbiome

Banana fibre helps to control your gut health. According to the Women's Health report, fibre refills your gut microbiota with all the microorganisms you need to keep everything in functioning order, according to a study review published in the journal *Cell Host & Microbe*. That should be enough of a reason to peel a banana and eat it. Bananas include prebiotics, which help your gut bacteria thrive [3].

Prebiotics or probiotics in general, are important

"It's like nourishment for the probiotics to help it thrive," Agyeman explains. Prebiotics are bacteria that feed the bacteria in your digestive tract, whereas probiotics are bacteria themselves. It all adds up to a gut microbiome that is really healthy [3].

Vitamin C content

According to the National Institutes of Health, Vitamin C not only boosts your health but also pampers your skin by assisting the body in the production of collagen, which aids in wound healing and protects against ageing. Bananas include vitamin C, which helps your white blood cells function properly. In recent years, immunity has taken centre stage.

Rich in antioxidants and phytonutrients

Bananas have high antioxidants and phytonutrients which reduce your chance of developing chronic diseases. Phytonutrients, commonly known as phytochemicals, are plant-produced compounds. Phytonutrients help plants stay healthy. Humans who consume plant-based diets may also benefit from phytonutrients. Antioxidant and anti-inflammatory properties are among the advantages of phytonutrients. Phytonutrients may also improve immunity and intercellular communication, as well as repair DNA damage caused by pollutants, detoxify carcinogens, and change oestrogen metabolism [4,5].

Include healthy carbs

Bananas are high in carbohydrates, which make them a good source of energy. You require energy to function, and your body requires carbohydrates to do so. Bananas are a good source of energy because of their high glucose content, according to a study published in the *Journal of Human Nutrition and Food Science*. If you're looking for a pick-me-up as your energy levels dwindle, Agyeman suggests eating a banana even in the middle of the day.

Vitamin B6 content

This component in bananas is important for the production of various neurotransmitters, including serotonin and dopamine, and thus making it a good diet for reducing stress and anxiety. Bananas include a lot of vitamin B6, which can help you stay in a good mood most of the time. One medium banana provides roughly one-fifth of the daily vitamin B6 requirement, while also lowering your risk of heart disease and certain types of cancer.

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Vitamin A content

Bananas contain Vitamin A, also known as Retinol, which gives you a healthy glow and helps you battle sun damage, which can break down collagen fibres in your skin. Bananas include Vitamin A, which aids in the formation of the lining of a variety of mucous membranes, including those in your gastrointestinal tract.

Post work-out snack

Bananas are a perfect post-workout snack, according to Agyeman, because they are convenient, affordable, and high in electrolytes [3]. "Having it as a post-workout snack will aid recovery by replenishing the body's muscular glycogen stores," she says. Bananas are the most popular fresh fruit consumed worldwide, not just in the United States. They're easy to eat and available all year, plus they're high in vitamins, minerals, and amino acids.

References

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