

- Fruits**Bananas – most healthy fruit**

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Banana is such a popular fruit that no one can say they have never tasted a banana. It is one such fruit which is not only recommended as one of the first foods for a baby but is liked by all, be it young kids, adults or the elderly.



It is so much versatile that it can be used in multiple ways. Whether in desserts or savouries, bananas find their entry into multiple cuisines. Some people do have allergic reactions to bananas, but otherwise, it is one such fruit which is enjoyed by all.

Not only taste-wise, but health-wise too, bananas, have incredible benefits that it is often recommended for various conditions. Bananas are usually grown in warmer climates, native to Southeast Asia.

Nutritionally, bananas are packed with soluble fibre, potassium, vitamin B6, C, and magnesium, along with many antioxidants and phytonutrients.

Health benefits

Bananas help in maintaining blood sugar levels – bananas are rich in soluble fibre which forms a gel in the stomach thereby resulting in slow release of sugar. In addition, green banana contains resistant starch that also slows down the release of sugar in the blood. Both these help in regulating blood sugar levels after meals.

Owing to its high carbohydrate content it is believed to be a fruit which should not be given to diabetics. However, presence of carbs as fibre and resistant starch, makes it a healthy snack for diabetics, if it is taken in moderation – that is once a day and preferably along with other fruit to further reduce the spike in blood sugar.

Good for digestive health

The resistant starch present in slightly green or unripe bananas acts as a prebiotic that is food for healthy bacteria present in the gut. Also, pectin found in both, ripe and unripe bananas, aids in digestion, softens stools and prevents constipation.

Good for heart health

Rich in potassium, banana is a wonder fruit that helps in managing blood pressure, thereby keeping the heart in good health. Also, the presence of a good amount of magnesium decreases the risk of heart disease and helps in lowering blood pressure.

Packed with antioxidants These are substances that prevent oxidative damage caused by free radicals. Bananas are packed with antioxidants like flavonoids and amines that decrease the risk of many degenerative diseases.

Controls appetite and sweet cravings

Owing to the presence of both soluble fibre and resistant starch, bananas, remain in the stomach for a longer time, thereby controlling appetite, hunger pangs and sugar cravings. All these are beneficial in weight control.

Great food for exercise

With the presence of potassium and magnesium, along with soluble fibre, banana helps in giving the needed calories and electrolytes. This helps not only in improving exercise performance, but also in post-exercise recovery. Magnesium, in particular, helps in treating muscle cramps, particularly observed during or after an exercise session.

Green or yellow bananas

With so many benefits, let's focus on which banana to go for, ripe or slightly unripe - that is yellow or green. In this competition, the green banana wins the race. High fibre and high resistant starch content make green bananas a better choice for controlling appetite.

Green banana not only keeps the gut healthy but also helps in maintaining the blood sugar much better. But there is a slight twist, green bananas may cause indigestion or bloating issues for some.

Green bananas may show better health benefits, but taste-wise, yellow is better. So a banana which is yellow, but with a slight green tinge to it, will taste good plus give health benefits of green ones.