

## Health benefits of banana fruit

- Banana is one of the high calorie and Dietary fiber. Besides, it contains good amount of health benefiting anti-oxidants, minerals, and vitamins
- Banana fruit is composed of soft, easily digestible flesh made up of simple sugars like fructose and sucrose that upon consumption instantly replenishes energy and revitalizes the body.
- Banana contains health promoting flavonoid antioxidants and it is a good source of **vitamin-B6** & C
- Fresh bananas provide adequate levels of minerals like copper, magnesium, and Potassium which helps to control heart rate and blood pressure.

Principle	Nutrient Value	Percentage of RDA
Energy	90 Kcal	4.5%
Carbohydrates	22.84 g	18%
Protein	1.09g	2%
Total Fat	0.33 g	1%
Cholesterol	0 mg	0%
Dietary Fiber	2.60 g	7%
Vitamin A	64 IU	2%
Vitamin C	8.7 mg	15%
Vitamin E	0.10 mg	1%
Vitamin K	0.5 µg	1%
Calcium	5 mg	0.5%
Copper	.078 mg	8%
Iron	0.26 mg	2%
Magnesium	27 mg	7%
Manganese	0.270 mg	13%
Phosphorus	22 mg	3%
Selenium	1.0 µg	2%
Zinc	0.15 mg	1%