

FEBRUARY

BANANA

Bananas are a good source of vitamin C, potassium and dietary fibre

Bananas contain no fat, cholesterol or sodium

As bananas ripen, the starch in the fruit turns to sugar. Therefore, the riper the banana the sweeter it will taste

As Bananas are jam packed with potassium they can help lower blood pressure and vitamin B6 for healthy skin and hair

Around the world- The banana is the most popular fruit in the world- people spend over £10 billion a year on the fruit globally

Bananas are one of the few fruits that ripen best off the plant. Even in tropical growing areas, bananas for domestic consumption are cut green and stored in moist shady place to ripen slowly

