

Banana

Example of key message:

“ **Bananas : Quick and easy source of nutrition** ”



**Keeps bowels in good condition**

An illustration of a human torso showing the digestive system, including the stomach and large intestine. The illustration is surrounded by four yellow four-pointed stars, suggesting health and vitality.

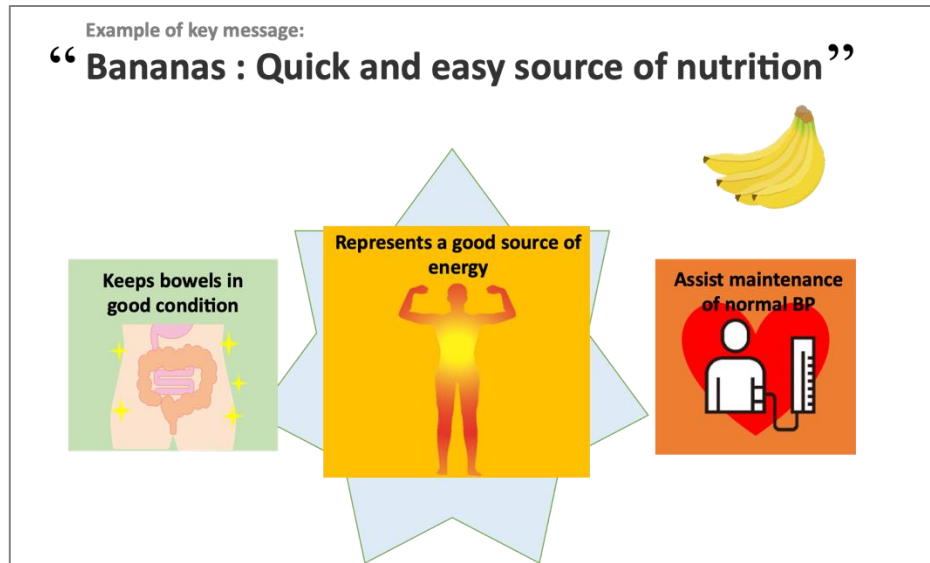
**Represents a good source of energy**

An illustration of a muscular human silhouette with arms raised in a 'strongman' pose. The torso is filled with a bright yellow and orange glow, representing energy.

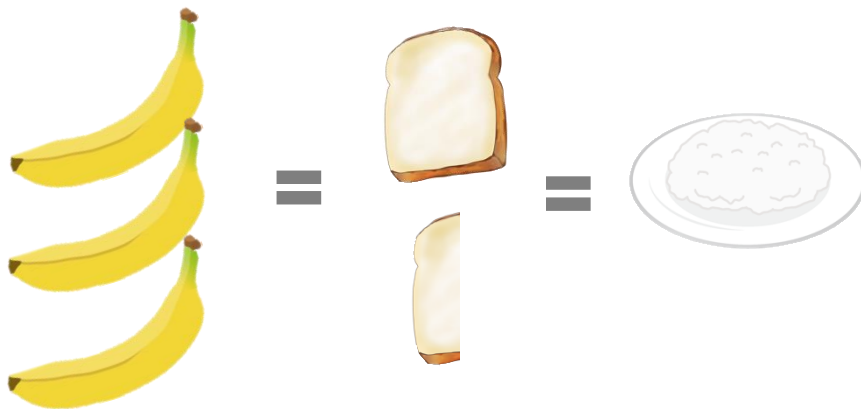
**Assist maintenance of normal BP**

An illustration featuring a white silhouette of a person, a red heart, and a white blood pressure monitor with a black tube. The heart and person are positioned behind the monitor.

# Health effects of bananas



## Comparison of calories



Q Why are bananas a good source of energy?

A They contain a nutrient that turns into energy immediately and slowly.

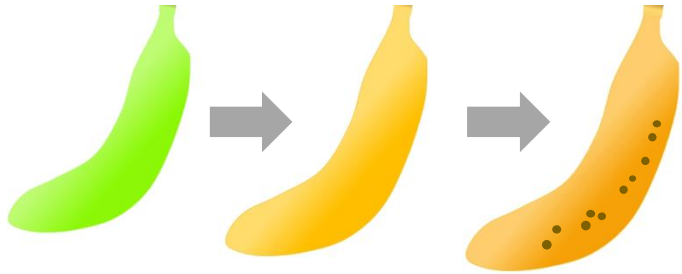
Q Why does it keep bowels in good condition?

A It contains nutrients (fiber and sugar) that improve the environment of the bowels and stimulate bowels movements.

Q Why does it help to maintain normal blood pressure?

A It contains a nutrient (potassium) that helps to reduce a rise in blood pressure.

# Tips for eating bananas



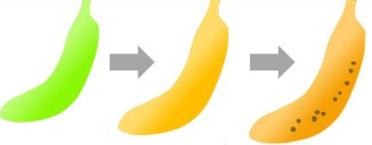
The nutritional value changes depending on when you eat them




Example

# Tips for eating bananas

## Tips for eating bananas



The nutritional value changes depending on when you eat them



Example

Important to eat with a variety of foods

The brown spots are called "sugar spots." They appear when the banana is ripe and sweet.

The nutritional value of bananas changes depending on when you eat them.

- Green(unripe) bananas are more effective in keeping bowels in good condition
- Yellow(ripe) bananas are more nutritious than green ones. They are rich in vitamins.

Eat a combination of different foods, including **staple foods** (e.g., cereals such as wheat, barley, rye, maize, or rice), or **starchy tubers or roots** (e.g., potatoes, yams, taro or cassava), **legumes** (e.g., lentils, beans), **vegetables, fruit, and foods from animal sources** (e.g., meat, fish, eggs, and milk).

Eat a variety of whole (i.e., unprocessed) and fresh foods every day to help obtain the right amounts of essential nutrients.