

# 10 Healthy Reasons to Eat a Banana Every Day

Natalie Rizzo, MS, RD

Bananas are nature's version of candy: they're so naturally sweet that they make anything you pair them with taste like dessert, albeit a much healthier version of it.

When you consider the versatility, portability, affordability, and tastiness of the humble banana, it's not exactly shocking to see that global production of the tropical fruit is at an all-time high. In fact, bananas are the most exported fresh fruit in the world, according to the Food and Agriculture Organization of the United Nations.

## ***But are bananas good for you?***

Even with its unwavering popularity, some still avoid bananas because they're higher in carbs and sugar than many other fruits. But here's the thing: it's easy to forget that your body actually needs carbs to fuel your body, and unlike processed sweet treats, a banana's naturally occurring sugars are accompanied by many vitamins and minerals. Plus, bananas are also rich in fiber, which slows your digestion of sugar, not to mention helps keep you feeling full.



So, are bananas healthy? You bet!

📌 **BANANA NUTRITION FACTS:** 105 calories, 1 g protein, <1 g fat, 26 g carbs (3 g fiber), 14 g sugar, in 1 medium banana

## **10 science-backed health benefits of bananas**

### ***Bananas are packed with potassium***

One medium banana contains 422 milligrams of potassium, or about 12 percent of your daily value of the mineral, according to the National Institutes of Health.

Your body needs plenty of potassium to operate normally. This electrolyte helps your muscles contract, nerves function, move nutrients into cells (and waste out of them), regulate your heartbeat, and regulate sodium in your body. So when you don't get enough potassium, your blood pressure and kidney stone risk can increase, you may feel weak and tired, or even experience muscle cramps. (Here are other foods high in potassium.)

### ***Bananas help keep you hydrated***

How the heck can a solid food aid in hydration? Potassium plays a part here by helping regulate the balance of fluids in your body, especially the electrolytes you lose (like sodium, magnesium, calcium, and yes-potassium!) after a sweaty workout. Moderate to intense activity can cause small cellular changes in potassium, and athletes are encouraged to eat potassium rich foods to counteract these imbalances, according to the International Society of Sports Nutrition.

### ***Bananas are good for your gut***

One medium banana has 3 grams of filling fiber (about 10 percent of your daily intake). Bananas also contain prebiotics, a type of fermentable fiber that helps the good bacteria in your gut (also known as probiotics) thrive. (Learn more about prebiotic vs. probiotic foods.) That's a big win for your overall health, since research suggests these beneficial bugs may improve digestion, shorten the duration of your cold, and even aid in weight loss.

### ***Bananas are the perfect pre-workout fuel***

The best foods to eat before you work out are the ones that contain natural sugars (carbs) for energy, but aren't too harsh on your stomach. Bananas check off both of those boxes, and are portable enough to throw in a gym bag. Plus, research suggests that bananas have unique compounds that can enhance athletic performance.

### ***... and they may help boost post-workout recovery***

On the flip side, bananas may be beneficial after your workout, too. One small 2018 study published in the journal *PLOS One* found that certain compounds and phytochemicals in bananas could play an effective role in reducing exercise-induced inflammation-which spurs muscle soreness-after a tough bout of endurance training (in this case, intense cycling).

### ***Bananas are good for your heart***

Put another point in the potassium column, because this important mineral is vital for your heart. Research shows that eating lots of potassium is associated with significantly lower blood pressure levels and a decreased risk of stroke. That's because potassium helps flush excess heart-stressing sodium from your body through your urine, reducing the potential damage it may have on your ticker.

### ***Bananas can replace sugar in baked goods***

One of the best reasons to eat bananas is the naturally sweet taste and soft texture that makes them an ideal ingredient in many baked goods. You can't sub in bananas for sugar in every recipe, but you sure can look for recipes that have already done that work for you.

### ***Bananas are rich in vitamin B6***

While vitamin B6 doesn't see the spotlight all that often, it's an essential vitamin for a reason. Bananas contain nearly one third of your daily value of vitamin B6, which is important for brain

development during pregnancy and enzyme reactions involved in metabolism. Most Americans don't seem to fall short on their intake, but it doesn't hurt to eat foods that are naturally rich in the nutrient.

### ***Bananas might keep your appetite in check***

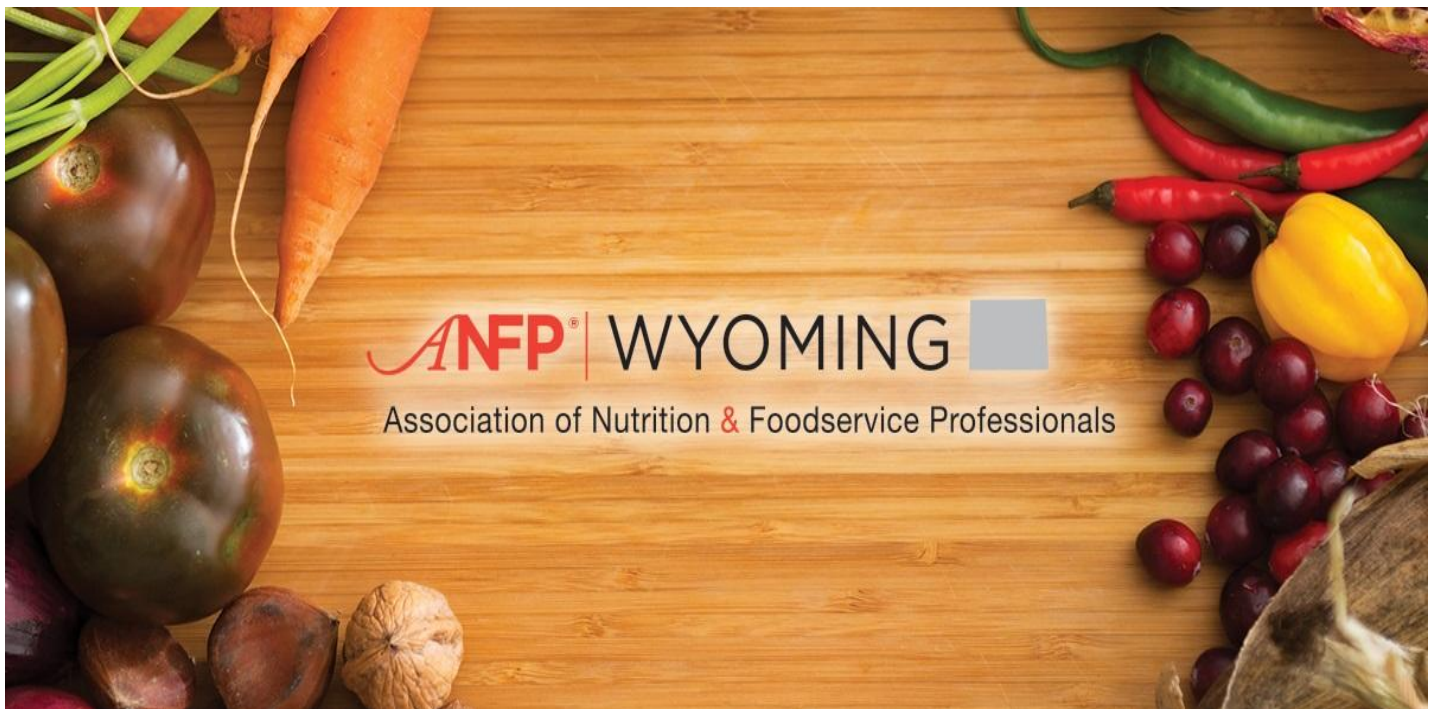
No one food will take away the hunger after skipping a meal. However, eating a banana as part of a well-balanced diet may help curb your cravings. Bananas contain a type of fiber called resistant starch, which seems to help people eat fewer calories and manage their appetite, studies show. While more research needs to be done to understand the link, one medium banana only packs about 100 calories and is super satisfying due to its fiber content, so need to feel guilty about adding one to your breakfast smoothie, peanut butter sandwich, or post-dinner yogurt parfait.

### ***Bananas keep your kidneys healthy***

A banana a day may keep the doctor away. In a study of 61,000 Swedish women, researchers found that people who ate lots of fruits and vegetables—more than 75 servings per month, or roughly 3 servings total per day—had the lowest risk of developing renal cell carcinoma, the most common type of kidney cancer.

When researchers looked at fruits specifically, bananas seemed to have the most pronounced effect due to their high concentration of phenolics, compounds with antioxidant effects.

Another large study of more than 90,000 women also found that women who consumed more than 4,099 milligrams of potassium daily had a 35 percent lower risk of kidney stones than women who downed less than 2,407 mg. That's because potassium can also help your body get rid of excess calcium, a building block of the most common type of kidney stone.





## 2017-19 President

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Fall is definitely in the air.... we had some cool mornings during our Fall Conference in Casper. What a great conference – thanks to Toni for great planning. This will be my last column in our monthly newsletter – as I have turned the reins of leaderships over to our new President. I want to remind you of the theme for my presidency - "**DARE TO SOAR**"! I challenge you to learn and grow as we seek to **SOAR WITH THE EAGLES** every day personally and professionally! It has been my real honor to serve as your President.

### FALL CONFERENCE in **Casper** highlights:

EXCELLENT presenters from a wide variety of topics. Check out our WY ANFP Facebook page for photos and details of our sessions. Toni did a great job planning & organizing her first conference.

2<sup>nd</sup> annual Pizza Hut "fun"draiser Thursday night at all 3 Casper Pizza Huts and Douglas Pizza Hut. Everyone had fun and did a great job with taking orders and waiting on tables. Details on funds raised to come.

Officer Elections We held elections during our Membership Meeting and here are new Wyoming ANFP Chapter officers. I know you will give great support to your new officers.

- President – Toni Skaggs - Douglas
- President Elect – Robin Hilbird-Bardgett - Douglas
- Secretary – Jeanette Lee – Casper
- Treasurer – Diane Davis – Cheyenne

Government Affairs – Impact Team. We honored Carolyn Paseneaux, Executive Director, Wyoming Health Care Association for her help and support of Wyoming ANFP over the past 5 years. She helped us in networking with the state legislature and helped us plan and organize our 4 annual Day At The Capitol events. Senator Charles Scott and Rep. Eric Barlow were present to help congratulate Carolyn - they are the chairs of the Senate and House Labor, Health & Social Service Committees. Rep. Chuck Gray served as our MC. We honored members of the Government Affairs – Impact Team and recognized TJ for his leadership as State Spokesman for the past 7 years. And we recognized Felicia as our new State Spokesman and Government Affairs-Impact team leader.

## President-Elect

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I got to speak to the South Dakota group for their fall meeting about leadership and how I got to the place I am now. It was a very neat experience going to another state to speak about the importance of education and how I wouldn't be in a position of leadership without Robin getting me convincing me to apply at Memorial Hospital of Converse County, and Felicia pushing me to be my best self, but most of all the belief that MHCC has about investing in their employees. Through my awesome facility I have had some kind of help and support to attend multiple workshops, seminars, obtain my CDM, ServSafe, local conferences and meetings, Global Summit twice, ACE twice, Converse County Leadership Development Institute, Good to Best by Destination 10. I have had the opportunity to work with some amazing coaches through DM&A and their Destination 10 program, a few of which we have even had as speakers at our past meetings. I am lucky to work for such a great facility and with such amazing people.

I would encourage everyone to keep learning. If your facility is as incredible as mine is about investing in their employees, take advantage. Help them out by finding grants to help cover costs. If you can go to your boss with all the costs covered and you are just asking for time off for yourself or a few employees to get an opportunity to learn and become better at the job. They would be crazy to say no.

Felicia will be running two ServSafe classes in October. Check our facebook for the details. It's a great way to invest in your staff.

A manager manages people and a leader leads them. Lead your team to success by promoting education.



May 2019 .....Spring Conference (TBD)

June 20-23, 2019 .....ACE, Union Station Hotel,  
St. Louis, MO

Sept 2019 ..... Fall Conference, Ramkota Hotel,  
Casper, Wyoming



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Wyoming ANFP is on-line and on Facebook. Be sure to visit the Wyoming ANFP website at: [www.ANFPonline.org](http://www.ANFPonline.org) for the National ANFP website.



15<sup>th</sup> – Eliza Redford

21<sup>st</sup> – Dawn Cribbs

30<sup>th</sup> – Felica Smith

## Happy Birthday to All!



Our FoodService Rewards points total stands at 24,133 points. e-mail codes and expiration date may be sent to Robin Hilbird at:

[rhilbird@mhccwyo.org](mailto:rhilbird@mhccwyo.org)

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**MEMBERSHIP**

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As of September 30, 2018, the Wyoming ANFP is **80** members strong; **64** Certified Professional members, 16 Professional non-certified members. Please contact any officer, if you know of a new member or student, so we know who they are and how to keep them informed about events taking place in the Wyoming ANFP.

**In the month of November we celebrate these special occasions:**

Georgia Pecan Month

Good Nutrition Month

National Peanut Butter Lover's Month

National Pepper Month

Raisin Bread Month

Vegan Month

1<sup>st</sup> Week of November – National Fig Week

2<sup>nd</sup> Week of November – National Split Pea Soup Week

4<sup>th</sup> Thursday – National Turkey Day; National Stuffing Day

4<sup>th</sup> - Friday – National Leftovers Day

1<sup>st</sup> – National Deep Fried Clams Day; National Vinegar Day

2<sup>nd</sup> – National Deviled Egg Day

3<sup>rd</sup> – National Sandwich Day

4<sup>th</sup> – National Candy Day

5<sup>th</sup> – Doughnut Appreciation Day  
6<sup>th</sup> – National Nachos Day  
7<sup>th</sup> – Bittersweet Chocolate with Almonds Day  
8<sup>th</sup> – National Cappuccino Day; National Harvey Wallbanger Day; Cook Something Bold Day  
9<sup>th</sup> – National Scrapple Day; Cook Something Bold & Pungent Day  
10<sup>th</sup> – National Vanilla Cupcake Day  
11<sup>th</sup> – National Sundae Day  
12<sup>th</sup> – National Pizza with Everything Day (except anchovies)  
13<sup>th</sup> – National Indian Pudding Day  
14<sup>th</sup> – National Guacamole Day; National Pickle Day  
15<sup>th</sup> – National Raisin Bran Cereal Day; National Bundt Day  
16<sup>th</sup> – National Fast Food Day  
17<sup>th</sup> – National Baklava Day; Homemade Bread Day  
18<sup>th</sup> – National Vichyssoise Day  
19<sup>th</sup> – Carbonated Beverage with Caffeine Day  
20<sup>th</sup> – National Peanut Butter Fudge Day; Nouveau Beaujolais Day  
21<sup>st</sup> – Gingerbread Day  
22<sup>nd</sup> – National Cashew Day  
23<sup>rd</sup> – National Espresso Day; Eat a Cranberry Day  
24<sup>th</sup> – National Sardines Day  
25<sup>th</sup> – National Parfait Day  
26<sup>th</sup> – National Cake Day  
27<sup>th</sup> – National Bavarian Cream Pie Day  
28<sup>th</sup> – National French Toast Day  
29<sup>th</sup> – Chocolates Day; National Lemon Crème Pie Day  
30<sup>th</sup> – National Mousse Day



# Halloween

C	H	I	L	D	R	E	N	M	E	C	E	C	S
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T	H	G	I	N	D	I	M	E	E	R	O	I	A

- BROOM
- COSTUMES
- EYEBALLS
- BATS
- MONSTERS
- FALL
- LEAVES
- GOBBLINS
- CHILDREN
- BOO
- MIDNIGHT
- CANDY CORN
- GHOST
- PUMPKIN
- SPIDERS
- HAPPY
- TRICKS
- FUNNY
- WITCHES

Play this puzzle online at : <http://thewordsearch.com/puzzle/830/>

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### CULTIVATE

cul-ti-vate

1. grow or maintain
2. apply oneself to improvement or development

Yes, I would like to support CDMs Cultivating Roots.\*

\*Corporate contributions cannot be accepted; only personal contributions can be made to ANFP-PAC.

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<input type="checkbox"/> \$1 <input type="checkbox"/> \$5 <input type="checkbox"/> \$10 <input type="checkbox"/> \$25 <input type="checkbox"/> Other			
<input type="checkbox"/> Enclosed is my money order or check, payable to ANFP-PAC			
Please check one: <input type="checkbox"/> Visa <input type="checkbox"/> Discover <input type="checkbox"/> Mastercard <input type="checkbox"/> American Express			
Name on card:			
Credit Card #:	CVV#:	Exp. Date: / /	
Billing Address:			
City:	State:	Zip:	
Signature:	Date:		

**QUESTIONS? Contact Mindy Theesfeld at 800.323.1908 x128.**

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