

10 great benefits from eating 3 bananas a day

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Bananas are a " *multipurpose* " fruit *that* is used to make smoothies, add flavor to a baked dish or simply a daily fruit. This may explain why bananas are one of the most popular fruits in the world. According to the statistical report, more than 96% of US households buy bananas at least once a month.



Everyone likes to eat bananas, but do we know what benefits banana has? Bananas give us more benefits than the price we have to pay and its sweet taste. Studies have shown that **eating 3 bananas a day can give your body about 1500mg of potassium and provide a variety of health benefits to the body** . So what exactly do bananas bring to our bodies?

1. Lower blood pressure

Many studies have shown that eating at least 3 bananas a day can significantly **reduce high blood pressure** . On average, each banana contains about 422mg of potassium and almost no sodium. Higher potassium levels help to neutralize high blood pressure due to the amount of sodium in the diet. So, a good advice is to eat a banana instead of eating a bag of crisps!

2. Improve digestion

Bananas contain an abundance of fiber, both soluble and insoluble. Fiber is an important nutrient that needs to be in the body, because it helps to regulate digestion speed, slowing down. Eating a banana will make you feel full longer and can **limit constipation** . So there is no question when bananas are on the breakfast menu anymore. Eating bananas in the morning will help you start a new day full of energy and maintain a longer sense of joy.

3. Improve cardiovascular health

Foods high in fiber are good for the heart and bananas, which are high in fiber. A diet high in fiber helps reduce the risk of **cardiovascular disease** (CVD) and **coronary heart disease** (CHD). In particular, soluble fiber in bananas is able to reduce the risk of heart disease. A healthy, balanced diet will provide essential vitamins, minerals and body antioxidants - remove it from your body with one or two bananas equivalent to more than 4 grams of fiber Please!



4. Helps produce healthy cells

Bananas rich in vitamin B6, which make up 20% of the essential tonic content an adult needs to load into the body. Vitamin B6 supports the body to produce insulin, blood cells and nonessential amino acids (essential amino acids) needed to create healthy cells. Moreover, bananas also help **produce antibodies against infection** .

5. Enhance gastrointestinal health

Because bananas are relatively easy to digest, bananas are considered a "digestive" friend in the body. In fact, bananas not only help to relieve stress when digested but also help the digestive tract and restore minerals lost after diarrhea. That's why bananas are the first "solid" food introduced for young children.

Moreover, this is one of the reasons bananas are included in the BRAT diet, a diet that includes bananas, rice, apple sauce and toast - this diet is used to treat acute diarrhea. [9 benefits of eating black bananas]

6. Rich in vitamin C

Surely when it comes to foods high in vitamin C, you will think of orange and strawberries right? But a diet full of bananas provides up to 15% of the vitamin C needed every day. Vitamin C is an important antioxidant capable of neutralizing harmful free radicals in the body. Free radicals are molecules that are missing electrons, which continuously destroy cells in your body. In addition, vitamin C also helps keep blood vessels healthy and produce collagen that connects muscles, bones and other tissues in the body.



7. Improve the efficiency of exercise

If you've ever wondered why the athletes like bananas, this is the answer: **bananas help strengthen the muscles, provide plenty of antioxidants and other natural nutrients** . According to a study by the Human Performance Research Laboratory at Appalachian State University, half a banana every 15 minutes will be as effective as drinking physical strength drinks. That's why Jamaican athletes, Yohan Blake eat 16 bananas a day.

8. Against anemia

Bananas contain high levels of iron, so eating bananas can stimulate hemoglobin production and help fight anemia. Anemia usually occurs when red blood cells or hemoglobin in the blood decreases, leading to fatigue, pale and dyspnea. In addition, the **vitamin B6 in bananas also helps regulate blood glucose levels** , which is beneficial for people with anemia.



9. Prevent hunger

Eating bananas can **dispel hunger** , because bananas make you feel full and the taste is also pleasant. The aroma of bananas can prevent appetite and hunger. According to research by Dr. Alan Hirsch of the Odor and Taste Research Organization in Chicago, USA, when you smell a banana while you're hungry, you can "trick" your brain into thinking you have eaten. Therefore bananas are able to **help you lose weight** .

10. Help improve your mood and help you feel happy

A banana provides about 27mg of magnesium. Magnesium has the ability to boost your mood and help you sleep better. Usually, men need 420mg of magnesium, and women need 320mg per day. If magnesium is deficient, the body is more likely to become stressed, irritable, depressed and other disorders. There are many of us who don't provide enough magnesium in our diet, so consider eating a banana as a snack at 3 pm, it will help you improve your mood and think better. [9 foods to help you improve your mood quickly]

In addition to the health benefits mentioned above, you should also know that using dried banana peels on the ground is an excellent coating for seedlings and new plants grown in your home. Moreover, if you want to have white teeth like pearls, just rub the banana peel on your teeth for about 2 minutes after brushing your teeth and have a "perfect" smile.

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