

10 miraculous uses of bananas you may not know yet

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Perhaps we all know that **bananas** are a super tasty and nutritious food, right? Banana vitamins and compounds help protect and maintain a healthy body. The **Bright Side** page lists a list of " *miraculous* " properties that this tropical fruit brings and those benefits depend on the maturity of the bananas. That does not mean you should not eat some other types - just that achieving a certain level of maturity will bring better effects to your health. Here are **10 miraculous uses** of bananas you may not know yet. Invite you to consult!

1. Preventing cancer



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Bananas contain a special protein (*tumor necrosis factor*) that helps prevent cancer. Moreover, the more ripe bananas contain more of this protein. Therefore, eating ripe bananas, spotted bananas or dark bananas is always recommended if you want to ensure your health and prevent the malignant disease. [9 benefits of eating black bananas]

2. Against cramps



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Lack of minerals is one of the common causes of muscle contractions or cramps. Let bananas help you prevent muscle cramps, because each banana contains a lot of potassium and magnesium. That's why athletes always have bananas in their daily diet.

3. Prevent kidney disease



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Foods that contain enough potassium will help prevent kidney stones from appearing. According to one study, eating bananas regularly can reduce the risk of kidney tumors by up to 40%.

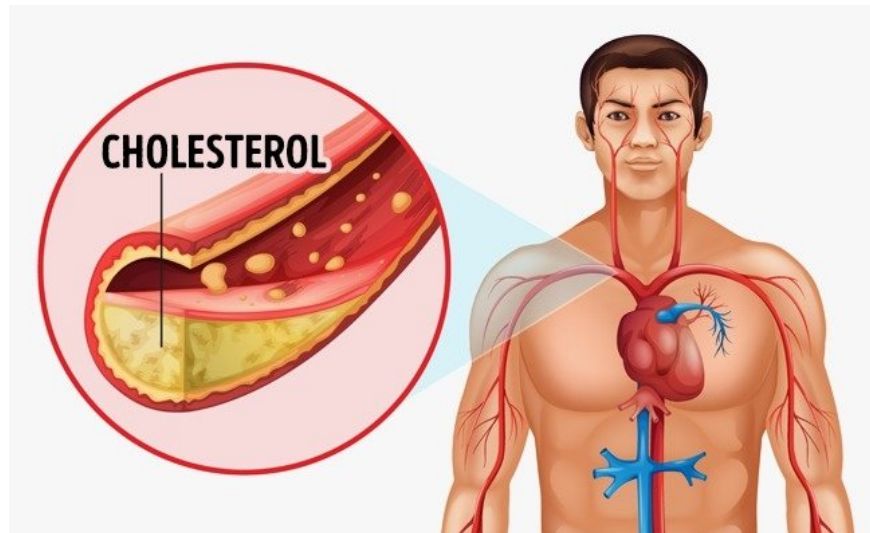
4. A healthy heart



A diet rich in potassium is always recommended for people with high blood pressure or susceptible to cardiovascular diseases. Every day, if you consume enough 1.3 grams of potassium, it will help reduce the risk

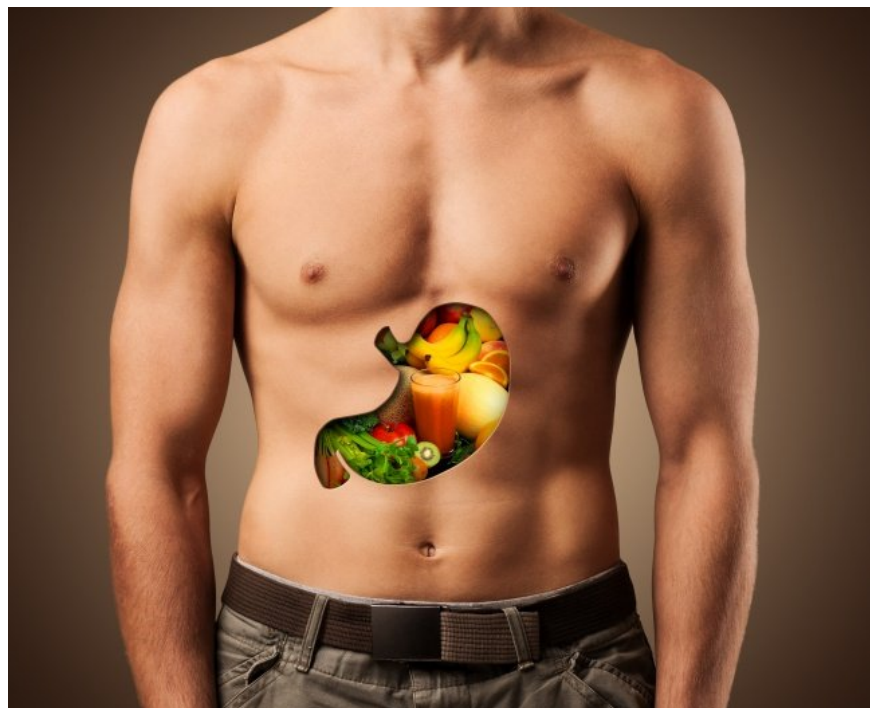
of complications by 26%. Therefore, to provide enough potassium for your body, you should eat 2 to 3 bananas daily, depending on their weight. [10 great benefits from eating 3 bananas a day]

5. Helps blood vessels to circulate well



Cholesterol is a major cause of blood vessel blockage leading to atherosclerosis. But don't worry, bananas will help you reduce this condition, bananas contain phytosterols that reduce the risk of blood cholesterol and maintain your vascular system health.

6. Healthy stomach



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For those with stomach ulcers or at risk of stomach ulcers, eat bananas often. Because bananas contain a special enzyme that increases the secretion of mucus that protects the body's abdominal wall.

7. Provide energy for the body



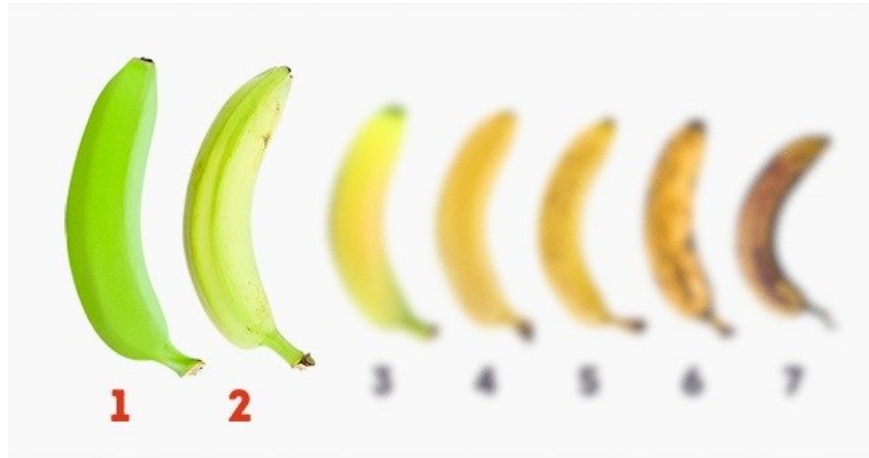
The abundance of vitamins and minerals in bananas makes it an excellent source of energy for the body. Carbohydrates quickly digest and can supplement your energy source almost immediately, if needed.

8. Improve mood



Besides these essential ingredients, bananas also contain dopamine - "*happy hormones*" along with a part of vitamin B complex, which helps positively affect the nervous system. So it is not surprising that bananas are included in the list of foods to eat if you suddenly feel bored. [9 foods to help you improve your mood quickly]

9. Improving diabetes status



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Tropical fruits with a resistant starch help improve the health of people with type 2 diabetes. Therefore, people with this disease, don't miss green bananas, because in every fruit Green bananas contain a lot of this resistant starch. A green banana has a medium size containing 12.5g of starch, while a ripe banana contains only about 5g.

10. The body is slim



The starch resistant substance in bananas also helps prevent fat from accumulating in the body and increases energy consumption. When exercising in conjunction with eating bananas will make your weight drop more quickly. The recommended content for starch resistance is 10g. Of course, don't forget to take the initiative and control your eating habits!

Having fun!

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