

Bananas are great and here are 8 reasons to eat 1-2 bananas a day

Bananas are a popular fruit because they are not only delicious, but also rich in essential nutrients.

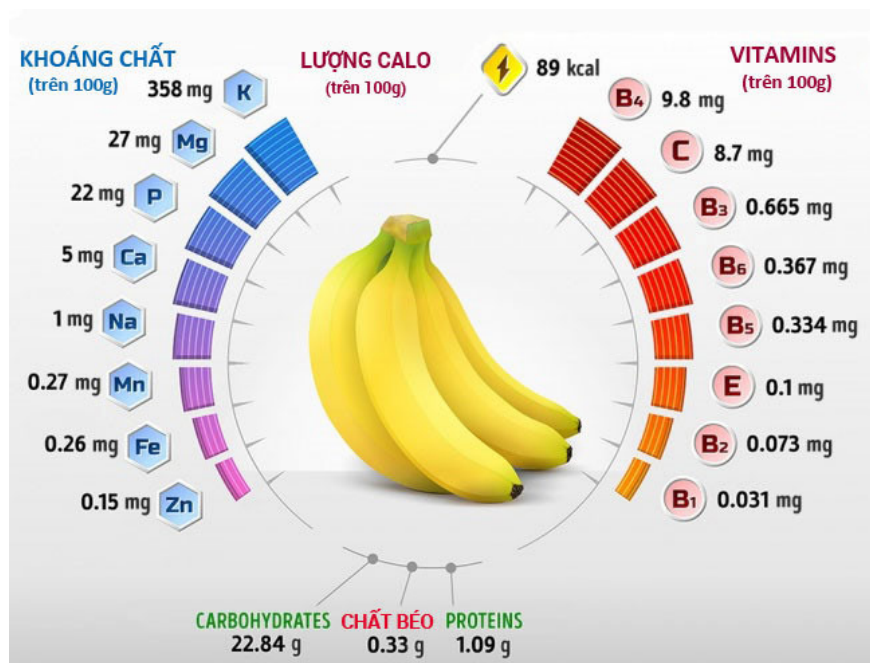
Bananas are a popular fruit because they are not only delicious, but also rich in essential nutrients.

What nutrients do bananas contain?

In a banana contains many vitamins including Vitamin C, A, E, B6, B12, K. In particular, the content of vitamins C, A is the highest.

The nutritional content of a banana is calculated according to Recommended Daily Intake (RDI), the recommended daily intake of a nutrient, including:

Potassium: 12% of the RDI Vitamin B6: 20% of the RDI Vitamin C: 17% of the RDI Magnesium: 8% of the RDI Copper: 5% of the RDI Manga: 15% of the RDI Fiber: 3.1 grams
Bananas contain 75% water, and there are plant compounds that can help reduce stress, reduce inflammation and prevent the risk of chronic diseases.



Eating bananas is great for your health and here are 8 reasons why bananas should be eaten daily.

1. Bananas are high in potassium

Potassium is an essential electrolyte for the human body, plays an important role in the process of transporting nutrients into cells and expelling waste products, helping to contract muscles, regulating the heartbeat, and regulating sodium in the body.

Without getting enough potassium, our bodies may feel weak, tired and cramped, possibly even having hypertension and the risk of kidney stones.



2. Bananas are good for the heart

Potassium helps eliminate excess sodium which causes stress to the heart so providing enough of this mineral to the body will help reduce blood pressure and reduce the risk of stroke.

3. Bananas are the perfect fuel for exercise

Bananas are one of the best foods to eat before exercising because they contain natural sugars for energy, but they don't cause stomach discomfort.

Bananas also have unique compounds that can enhance exercise performance and help increase recovery, reduce exercise-induced inflammation - cause post-workout muscle soreness.



4. Bananas help retain water

Potassium in the body helps regulate fluid balance, especially electrolytes lost after exercise such as sodium, magnesium, calcium and potassium.

Athletes are often encouraged to eat potassium-rich foods, including bananas, to counteract the deficiency of potassium in cells.

5. Bananas are good for the intestines

Bananas contain prebiotics, a fermentable fiber that helps the good bacteria in the gut to grow. This helps the human digestive system to be improved, supports weight loss, treats colds and brings tremendous benefits to overall health.

6. Bananas control appetite

Bananas contain a type of fiber called resistant starch, which helps curb cravings.



7. Bananas keep the kidneys healthy

Bananas contain a lot of phenolics that have antioxidant effects.

A study of 61,000 Swedish women found that people who ate 3 servings of fruits and vegetables daily, especially bananas, could significantly reduce their risk of developing the most common type of kidney cancer, epithelial cancer. kidney cells.

Another large study also found that potassium can help the body eliminate excess calcium, so people who consume more potassium every day have a 35% lower risk of kidney stones.

8. Bananas are rich in vitamin B6

Bananas are rich in vitamin B6, which is essential for brain development during pregnancy and participates in the enzyme reactions during metabolism.

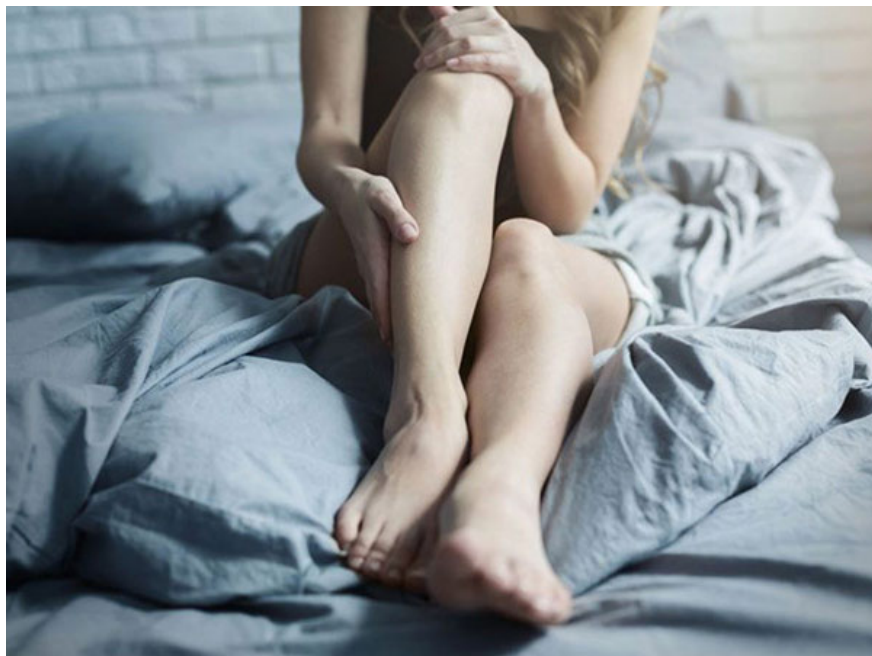


What time of day is best to eat bananas?

Eating bananas is very good and we should eat 1-2 bananas a day to improve overall health.

We should eat bananas after meals about 1-2 hours to promote the effect of promoting the digestive system to work.

Eat bananas before going to bed to prevent muscle cramps after a day of prolonged physical activity.



Eating bananas at night helps you sleep better and deeper because this fruit contains tryptophan, the amino acid that stimulates the production of the hormone melatonin. People who have insomnia regularly should eat bananas every day.

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