

Eating bananas is good, but never eat at this time, 'just hurt yourself'

Health experts recommend eating 1-2 bananas a day, depending on age. But should I eat bananas at breakfast? When is the most appropriate to eat?

1. 10 great benefits from eating 3 bananas a day
2. 9 benefits when eating bananas blackened
3. 10 miraculous uses of bananas you may not know yet

Bananas are a familiar and inexpensive fruit, one of us can easily buy and use.

It is not exaggerating to say that bananas are an almighty food for the body, both delicious and healthy. Your body will change positively if you eat 2 bananas a day. But eating bananas at the best time is not well known. Many people think that eating bananas in the morning is the best, but in reality, that's not the case, let's see why not eat bananas in the morning!



1. Increase blood sugar

Eating bananas in the morning is not a perfect choice? Because bananas contain a large amount of sugar, although it is natural sugar, this mutation will harm blood sugar, not safe for health.

2. Eating bananas on an empty stomach can cause drowsiness



In the morning everyone needs a spirit of comfort and alertness to work effectively. But if you eat bananas in the morning it will be counterproductive, making your body slow and sleepy. Health experts say that bananas are acidic and contain about 25% sugar. So eating them on an empty stomach is not a good idea.

3. Affects the digestive system

Sugar types in fermentation, they can become acid. And bananas contain quite a lot of sugar, so eating bananas on an empty stomach can affect the digestive system.

So is there a way to still eat bananas in the morning without harm?



If you want to eat a banana in the morning, then there is no way for you, use bananas with a healthy fat-like food like butter to eat breakfast to help your body supplement fiber, magnesium and potassium. Bananas safely. In addition, you can eat bananas at breakfast when mixed with yogurt, or eat a spoonful of peanut butter with bananas. This will reduce the level of acidity and prevent the increase of sugar in your blood.

The time to eat bananas is the safest



Really to bananas to promote all their tools, you should eat them after meals for 1-2 hours.

According to health experts, if you want good sleep, you should eat a banana at night. This fruit contains tryptophan, an amino acid that stimulates hormone production melatonin to help you sleep better and deeper. Especially for people who suffer from insomnia often, eat a banana, you will surely be surprised about the benefits of this fruit.

For people who often suffer from night cramps when sleeping, eat a banana before bedtime to overcome the illness. Thanks to high levels of potassium and magnesium in bananas, it can promote and balance the electrolyte in the body, preventing cramps effectively.

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