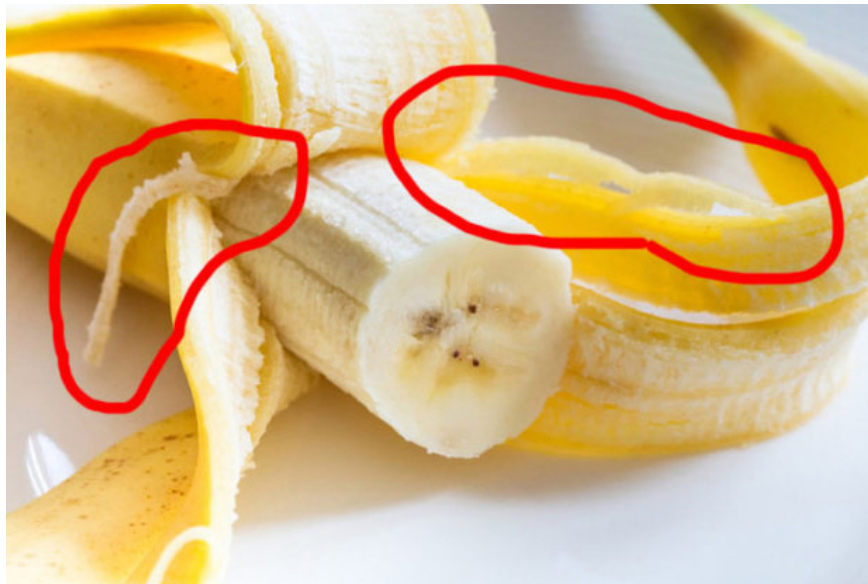


# What are the golden strands in a banana? Can I eat it?

When peeling a banana, yellow strings appear inside the banana and most people remove it. However, that is a mistake and why, the article below will help you answer.

Bananas are a popular healthy fruit. When peeling a banana, yellow strings appear inside the banana and most people remove it. However, that is a mistake and why, the article below will help you answer.

These fibers are very important, they are the deciding factor of whether bananas exist or not.



Nicholas D. Gillitt, an American researcher and director of the Dole Nutrition Institute, said that the yellow, fibrous strands in bananas are the bibe fibers, the English is the phloem. This is one of the two types of tissue in the trunk, which transports fluid, nutrients and conducts synthetic organic matter from the leaves to other parts.

With bananas, the bibe fibers are responsible for providing nutrients to the fruit, helping the banana become more delicious and full of nutrients.

According to Dr. Gillitt, the phloem bundles are as nutritious as the main part of the fruit, sometimes even containing more fiber than the rest of the fruit. And we can totally eat these golden threads.

So, when eating bananas and meeting these fibers in a banana, let's take advantage of the topic and do not throw away anymore!

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