Bananas = fat? [1]

Dear Alice,

Does banana have fat like avocados or olives? If so, what kind of fat does a banana have? Thanks.

?Banana lover

Answer

Dear Banana Lover,

Nutritionally, bananas are packed with many good things. To get right to your question, according to the U.S. Department of Agriculture (USDA) [2], one medium banana contains only 0.39 grams of fat. Compare that to a California avocado that has 21 grams of fat (with 3 grams of saturated fat). Like protein and carbohydrates, fat is an important macronutrient that plays a vital role in maintaining health. So while you don?t have to eschew avocados and olives, you can rest assured that eating a banana will provide some low-fat satisfaction in a balanced diet.

Bananas make a healthy and helpful snack choice for endurance athletes (and others) because they have higher carbohydrate content when compared to other fruits (by weight). They also provide a good source of potassium, which is vital for controlling the body's fluid balance, and regulating one's heartbeat and blood pressure, and preventing muscle cramping.

Think of it this way, if a contest called for designing an ideal food, you might just come up with a banana. They are neat (they come in their own wrapper!), they ripen best after harvest, they can be eaten at various stages of ripeness, there is a good supply all year, they tend to be inexpensive, and almost everyone can digest them. Chew on this, in an average year Americans consume about 25 pounds of bananas per person.

Perhaps you can help spread the word that people should just enjoy having their bananas and eating them, too!

Alice!

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