

A close-up photograph of sliced bananas on a wooden surface. The word "Bananas" is overlaid in white text. The image shows several slices of banana, some whole and some cut into rounds, arranged on a light-colored wooden cutting board. The lighting is warm, highlighting the texture of the fruit and the wood.

Bananas



# Bananas

## SHOPPER'S TIPS

- Look for bananas that are firm and have a bright color.
- Avoid bananas with brown spots that seem very soft.

## FUN FACTS!

- Plantains, finger bananas, and red bananas are other popular types of banana.
- Ripe bananas can be stored in the refrigerator. Although the skin may turn dark, the fruit inside will be fresh and ripe.

## WHAT IS IN IT FOR YOU?

One large banana is:

- An excellent source of vitamin B6 and vitamin C.
- A source of fiber and potassium.

## SERVING IDEAS

- Add sliced bananas to cereal, yogurt, or a peanut butter sandwich.
- Out of yogurt for your smoothie? Substitute bananas for flavor and thickness in your favorite smoothie recipes.

## PEAK SEASON

Available year round.

## STORAGE

To ripen bananas, leave at room temperature for a couple of days. Enjoy bananas once they are ripe and have lost their green color.