

Things I like to eat:

Slightly Green Banana

Summary: Yup ,Green Bananas. I should say slightly green. Green bananas are extremely low on the glycemic index, making them the ideal snack for those who have to keep blood sugar levels low. The resistant starch and pectin they contain provide a number of health benefits, including improved blood sugar control and better digestive health. Resistant starch, the type of fiber found in unripe bananas, is a prebiotic. Prebiotics escape digestion and end up in your large intestine, where they become food for the beneficial bacteria in your gut. **It is important to feed your Gut's Bacteria with the stuff they like and they like slightly green bananas.** Unripe bananas have a probiotic bacteria that helps with good colon health. They also help you absorb nutrients, like calcium, better than ripe bananas can. Resistant starch has no to very few calories.

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As mentioned in a previous issue I generally try to get 1-2 servings fruit a day from the lower calorie varieties mostly. I typically have daily banana as well, which is not considered a low calorie fruit but is still very healthy. They are not just incredibly healthy they are convenient, delicious, and one of the most inexpensive fresh fruits you can buy. You can get several for under \$2. The greenest bananas are the most beneficial to those who are trying to keep control over their blood sugar levels. Green bananas are extremely low on the glycemic index, making them the ideal snack for those who have to keep blood sugar levels low. This makes them an excellent choice for anyone interested in eating healthy. The resistant starch and pectin in green bananas can provide a number of health benefits, including improved blood sugar control and better digestive health. Resistant starch, the type of fiber found in unripe bananas, is a prebiotic. Prebiotics escape digestion and end up in your large intestine, where they become food for the beneficial bacteria in your gut. Green bananas contain a high amount of pectin, which have been linked to several health benefits. Unripe bananas also have a probiotic bacteria that helps with good colon health. They also help you absorb nutrients, like calcium, better than ripe bananas can. Resistant starch has no to very few calories. As the banana ripens the resistant starch is converted to a digestible sugar. But the ideal color in terms of taste and health is **mostly yellow with a small amount of green at both ends. Bananas at this stage has more calories and certainly flavor.** Bananas also contain potassium which is a mineral that's vital for heart health, especially blood pressure management. Despite its importance, few people get enough potassium in their diet. Fortunately bananas are a great source of potassium, with a medium-sized banana (126 grams) providing 10% of the DV. What's more, bananas contain 8% of the DV for magnesium, another mineral that's important for heart health. Magnesium deficiency may be linked to an increased risk of heart disease, elevated blood pressure, and high levels of fats in the blood. Bananas are sometimes referred to as the perfect food for athletes. This is largely due to their content of easily digested carbs, as well as the minerals potassium and magnesium, both of which act as electrolytes. They make a great addition to yogurt, cereal, and smoothies, and they work a treat as a topping on whole grain toast with peanut butter. You can even use them in place of sugar in your baking and cooking.