

Student Resource Page : Banana Nutrition e

Can something that tastes so good also be good for you? The good news about bananas is that they are very nutritious. They are low in saturated fat, cholesterol and sodium and are a good source of dietary fiber, Vitamin C, Vitamin B6, potassium and manganese. The banana is sometimes called “brain food” because each banana has 602 milligrams of potassium, which is important for the brain to function well. In Australia the banana is called the “good mood food,” because its high Vitamin B6 content can help to relieve anxiety and stress. Compare the nutrition labels for these four different snacks.

One Medium Banana, 7"-8" long

Nutrition Facts	
Serving Size 118g	
Amount Per Serving	
Calories 105	Calories from Fat 3
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	1%
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Sugars 14g	
Protein 1g	
Vitamin A 2%	Vitamin C 17%
Calcium 1%	Iron 2%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
NutritionData.com	

One Chocolate-Coated Ice Cream Bar

Nutrition Facts	
Serving Size 1 bar (50g)	
Amount Per Serving	
Calories 166	Calories from Fat 108
% Daily Value*	
Total Fat 12g	19%
Saturated Fat 7g	36%
Cholesterol 14mg	5%
Sodium 34mg	1%
Total Carbohydrate 12g	4%
Dietary Fiber	0%
Sugars 9g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 0%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
NutritionData.com	

One Raw Apple, with Skin

Nutrition Facts	
Serving Size 125g	
Amount Per Serving	
Calories 65	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 0g	
Vitamin A 1%	Vitamin C 10%
Calcium 1%	Iron 1%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
NutritionData.com	

One Fruit-Filled Non-Fat Granola Bar

Nutrition Facts	
Serving Size 100 grams	
Amount Per Serving	
Calories 342	Calories from Fat 8
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	1%
Cholesterol 0mg	0%
Sodium 16mg	1%
Total Carbohydrate 78g	26%
Dietary Fiber 7g	30%
Sugars 55g	
Protein 6g	
Vitamin A 10%	Vitamin C 3%
Calcium 0%	Iron 22%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
NutritionData.com	

Source: Nutrition Facts web site www.nutritiondata.com/facts-001-02s01fa.html, accessed 3/5/05.