

# Bananas

## Key Points

- For the best buy, choose bananas that are yellow or have green tips.
- To prepare bananas, rinse, peel and eat fresh, cooked or dried.
- To store fresh bananas, keep at room temperature for 5 days.
- Bananas contain potassium, which is good for a healthy heart.



## Quick Tips

- Add banana slices to hot or cold cereals.
- Slice thick and add to a fruit kabob or salad.
- Dip bananas in orange, lemon, or pineapple juice to prevent them from turning brown.
- Remember to rinse all fruits and vegetables before using.

## Banana Pancakes

### Ingredients:

- 2 bananas, peeled
- 1 egg
- 3/4 cup low fat milk\*
- 1 tablespoon vegetable oil
- 1 cup pancake mix
- 1/2 cup raisins (optional)
- 1/2 teaspoon cinnamon (optional)

### Directions:

1. Mash bananas in a bowl. Stir in egg, milk and oil.
2. In another bowl, combine pancake mix, raisins, and cinnamon.
3. Add pancake mix to banana mixture. Stir until moist.
4. Lightly grease a frying pan. Heat frying pan over medium high heat.
5. Pour 1/4 cup batter onto frying pan.
6. When bubbles appear on the surface, flip the pancakes and brown the other side.
7. Serve hot and enjoy!
8. Refrigerate leftovers.

**Makes 6 servings.**

## Fruity Banana Smoothie

### Ingredients:

- 1 banana, peeled
- 1 cup vanilla yogurt
- 2 cups sliced peaches
- 2 cups frozen strawberries
- 1 cup nonfat dry milk powder (optional)

### Directions:

1. Mix all ingredients in a blender.
2. Blend until smooth.
3. Serve and enjoy!
4. Refrigerate leftovers.

Note: This smoothie can also be made by hand. Use fresh strawberries instead of frozen. Mash all of the ingredients together. Stir with a spoon until well blended. Serve and enjoy!

**Makes 4 servings.**

\*If using nonfat dry milk powder (NFDM), for the pancakes, add 2/3 cup water with the egg, instead of milk. Add 1/4 cup NFDM with the pancake mix.



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# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
**Banana Pancakes**

**Recipe Name:**  
**Fruity Banana Smoothie**

<b>Nutrition Facts</b>			
Serving Size (118g) Servings Per Container			
Amount Per Serving			
<b>Calories</b> 180	<b>Calories from Fat</b> 35		
% Daily Value*			
<b>Total Fat</b> 4g	6%		
Saturated Fat 0.5g	3%		
Trans Fat 0g			
<b>Cholesterol</b> 40mg	13%		
<b>Sodium</b> 270mg	11%		
<b>Total Carbohydrate</b> 33g	11%		
Dietary Fiber 2g	8%		
Sugars 8g			
<b>Protein</b> 5g			
<b>Vitamin A</b> 2%	• <b>Vitamin C</b> 6%		
<b>Calcium</b> 10%	• <b>Iron</b> 6%		
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
<b>Total Fat</b>	Less than	65g	80g
<b>Saturated Fat</b>	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2,400mg	2,400mg
<b>Total Carbohydrate</b>		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

1. Start with the serving size.

2. Check calories.

3. Limit these:  
- Total fat  
- Saturated fat  
- Trans fat  
- Cholesterol  
- Sodium

4. Get enough of these:  
- Fiber  
- Vitamins A and C  
- Iron  
- Calcium

<b>Nutrition Facts</b>			
Serving Size (252g) Servings Per Container			
Amount Per Serving			
<b>Calories</b> 180	<b>Calories from Fat</b> 10		
% Daily Value*			
<b>Total Fat</b> 1g	2%		
Saturated Fat 0.5g	3%		
Trans Fat 0g			
<b>Cholesterol</b> 5mg	2%		
<b>Sodium</b> 430mg	18%		
<b>Total Carbohydrate</b> 34g	11%		
Dietary Fiber 4g	16%		
Sugars 25g			
<b>Protein</b> 10g			
<b>Vitamin A</b> 8%	• <b>Vitamin C</b> 60%		
<b>Calcium</b> 15%	• <b>Iron</b> 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
<b>Total Fat</b>	Less than	65g	80g
<b>Saturated Fat</b>	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2,400mg	2,400mg
<b>Total Carbohydrate</b>		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

**Percent (%) Daily Value:**  
**5% or less is LOW**  
**20% or more is HIGH**

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