

BITS and BITES

Eating bananas is a **tasty, easy, and inexpensive** way to add more fruit to your diet!

Bananas are an **excellent source of potassium**, which helps control blood pressure and helps keep your kidneys healthy.

Banana Tips:

- Store bananas on the counter until ready to eat. To slow ripening, break bunches of bananas apart & do not store near other fruit.
- Slice up bananas & add to cereal, yogurt, or even a peanut butter sandwich.
- **Don't throw bananas away once they turn brown!** There are lots of ways to use ripe bananas – bake in banana bread, use in pancakes, or add to oatmeal.
- Bananas can also be peeled & frozen for up to a year. Frozen bananas make great smoothies! Or try freezing peanut butter between banana slices for a kid-friendly treat!

SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

This institution is an equal opportunity provider.

NC STATE EXTENSION



BITS and BITES

Eating bananas is a **tasty, easy, and inexpensive** way to add more fruit to your diet!

Bananas are an **excellent source of potassium**, which helps control blood pressure and helps keep your kidneys healthy.

Banana Tips:

- Store bananas on the counter until ready to eat. To slow ripening, break bunches of bananas apart & do not store near other fruit.
- Slice up bananas & add to cereal, yogurt, or even a peanut butter sandwich.
- **Don't throw bananas away once they turn brown!** There are lots of ways to use ripe bananas – bake in banana bread, use in pancakes, or add to oatmeal.
- Bananas can also be peeled & frozen for up to a year. Frozen bananas make great smoothies! Or try freezing peanut butter between banana slices for a kid-friendly treat!

SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

This institution is an equal opportunity provider.

NC STATE EXTENSION

