



Pick a better snack – Bananas
Peel. Eat. How easy is that?

February is National Snack Month! Challenge yourself to make each snack a healthy snack by choosing fruits and vegetables instead of chips and dips, candy, or pop. For starters, why not have a banana? Bananas are available all year long and make an easy snack when you're on the go. It's no wonder bananas are the most popular fruit in the United States.

Bananas have been around for more than one million years! In fact, it's thought that bananas were probably the first fruit to be farmed and harvested.

A common misperception about bananas is that the tropical fruit grows on trees – not true. Bananas actually grow on large plants that aren't classified as trees since the stems don't have any wood tissue. Banana plants are the world's largest herb and are part of the lily and orchid family.

When choosing bananas, look for uniformly shaped fruit and color. Avoid fruit with damaged or wrinkly skin. Don't worry if the fruit's a little green. Bananas continue to ripen after they've been picked, so keep them at room temperature to ripen. Bananas are fully ripe when they're bright yellow with brown spots.

Take bananas with you!

- Ask your favorite convenience store to offer bananas for sale as a healthy snack when you're on the go.
- Bananas make the perfect mix-in for low-fat plain or vanilla yogurt. For some added texture, throw in a spoonful of chopped nuts.
- Try putting a dab of peanut butter on your banana. Better yet, spread peanut butter on a tortilla, tightly wrap it around a peeled banana, and eat!
- Cereal with fruit makes a great snack anytime of day. Just add slices of banana to your favorite hot or cold cereal.

Quick Nibble:

Each individual banana is called a finger, and a bunch of bananas is called a hand.

For more nutrition information, contact your local Extension Office. Click here www.oznet.ksu.edu/fnp/Staff/FNP_Counties.html

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