

Eat more bananas

One large banana has 602mg of potassium and only 140 calories.

For the carbohydrate counters, there are 36 grams in a large banana.



Vitamins and minerals are abundant in the banana, offering 123 I.U. of vitamin A for the large size.

A full range of B vitamins are present with .07mg of Thiamine, .15mg of Riboflavin, .82mg Niacin, .88mg vitamin B6, and 29mcg of Folic Acid.

There are even 13.8 mg of vitamin C.

One large banana has 2 grams of protein and 4 grams of fibre.

Calcium counts in at 9.2mg, Magnesium 44.1mg, with trace amounts of iron and zinc.