

# Did you know?



The majority of bananas resulting from sexual reproduction are inedible.



# **Did you know?**

Bananas have carbohydrates, potassium,  
vitamins B & C, fiber, antioxidants

A close-up photograph of a large bunch of bananas. The bananas are in various stages of ripeness, with some being bright green and others showing yellow and brown spots. They are hanging from a wooden post, and the background is slightly blurred, showing more bananas and some foliage.

# Did you know?

There are 1000+/- types of bananas in the world each with unique colors and flavor.

# Did you know?



Banana originates from the Arabic word  
'banan' which means finger.

# Did you know?



The banana's parent plant is an herb and the fruit itself is a berry.

# Nutrition Facts

Fat	0%
Cholesterol	0%
Salt	0%
Potassium	23%
Magnesium	15%
Fiber	23%
Folate	11%
Carbohydrates	10%
Vitamin B2	10%
Vitamin B3	7%
Vitamin B6	41%
Vitamin C	33%

Bananas have rapidly digestible starch which metabolizes into glucose.

Bananas contain antioxidants which may protect your cells from oxidative damage.

**Learn More on  
ROOTS' website**

