

Nutrition Nugget

By L. S. Siniscalchi, M.S.N.; New London Healthy Living Examiner (Examiner.com)
Nutritionnugget@yahoo.com

Let's Go Bananas!!

Bananas are not only a convenient take along food, but they are also a good source of potassium and fiber. They provide 3-4 grams of fiber per banana and are by far a superior choice for potassium even over spinach and broccoli. Each medium banana provides 422 mg of potassium. Potassium plays a lot of major roles in the body including maintaining cell integrity, fluid and electrolyte balance, and maintaining a steady heartbeat. When your potassium levels fall, you become weak and tired. Low potassium is also linked to muscle cramps. It is believed among many health professionals that potassium might both prevent and correct hypertension! Bananas are also a good source of fructooligosaccharides. These act as food for the good bacteria in your stomach. So, the next time you are looking for a healthy snack on the go, grab a banana!!

Low Calorie Banana Bread Recipe

Prep Time: 15 minutes; Cook Time: 60 minutes; Total Time: 75 minutes

Ingredients:

1/4 cup sugar
2 Tbsp. butter, softened
1 large egg, beaten
1/4 cup unsweetened applesauce
1-cup ripe bananas, mashed (3 small)
3/4 cup all-purpose flour
1/2 cup whole-wheat flour
1/2 tsp. baking soda
1/4 tsp. salt

Preparation:

1. Preheat oven to 350°.
2. In a large mixing bowl, combine softened butter and sugar, and beat with a mixer at medium speed, about 3 minutes or until well combined. Add the egg and applesauce, and beat another 2 minutes. Fold in the bananas.
3. Lightly spoon the all-purpose flour and whole-wheat flour into dry measuring cups, and level with a knife. Combine the two flours, baking soda, and salt in a separate large bowl.
4. Add the flour mixture to the banana mixture, 1/2 cup at a time, mixing after each addition until moistened.
5. Coat one loaf pan with cooking spray. Pour the batter into the loaf pan.
6. Bake at 350° for 50 minutes to 1 hour, or until a wooden pick inserted in center of the bread comes out clean.
7. Allow the bread to cool in the pan for 5 minutes. Remove the bread and cool completely on a wire rack.

Yield: 1 loaf, 10 servings

Per Serving: Calories 100, Calories from Fat 23, Total Fat 2.5g (sat 1.4g), Cholesterol 14mg, Sodium 108mg, Pro 2g, CHO 17g, Fiber 1g

Remember that your health is under your hands. Take control of it today!!

Source:

<http://lowcaloriecooking.about.com/od/breadsbakery/r/bananabread.htm>

Bowden, Johnny: The 150 Healthiest Foods on Earth (2007)(pgs. 99-100): Fair Winds Press; Beverly, MA.

The information contained in this email is does not express or imply endorsement by the Coast Guard or any other part of the federal government. Content is copy and pasted from other websites and is not spell checked or confirmed. MWR holds no responsibility if an event has been cancelled or moved, always check with the event for more information.

