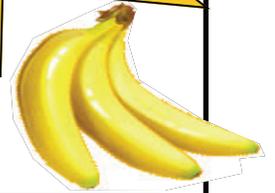


Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

The produce of the week is...

Banana



You can find POW! info sheets on the EHHD website!
www.ehhd.org
Look for **Produce of the Week**

What is the most popular fresh fruit in the U.S.?

BANANAS!

- ◆ Bananas are usually available year round in plentiful supply.
- ◆ Choose fruit that is bright in color, firm and free of bruises & brown spots.
- ◆ If bananas are too ripe they will have a strong smell.

To further ripen bananas, leave at room temperature for a couple of days.

Source: www.fruitsandveggiesmatter.gov

Nutrition Facts:

- **A typical serving size is one small fruit, which contains about 90 calories**
- **Bananas are an excellent source of potassium**
- **They contain no fat, cholesterol, or sodium**

Did you know?

- ◆ Bananas ripen after they have been picked.
- ◆ Bananas don't grow on trees... it is a giant herb!
- ◆ 28 million tons of bananas are grown each year; 65% comes from Latin America

Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 3



Day 5



Day 6



Day 2



Day 4



Day 7



Eastern Highlands Health District

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Try these delicious, nutritious and healthy recipes!

Banana Nut Smoothie

INGREDIENTS

2 bananas, ripe	2 cups pineapple juice
2 Tbsp creamy peanut butter (try all natural PB!)	2 tsp plain yogurt
1 ½ tsp vanilla extract	6 ice cubes
Dash of nutmeg	

DIRECTIONS

Combine all ingredients, except nutmeg, in blender. Cover and run on high until smooth and well-blended. Sprinkle with nutmeg. Enjoy!

Simple Ways to Enjoy Bananas

Bananas are a great snack to take on the go because they have a peel-able skin that protects the soft fruit from damage. Add something extra to your banana snack by spreading a teaspoon of peanut butter onto the banana for a protein boost. Bananas are also great when sliced and put in yogurt or cereal.

Banana Bread

INGREDIENTS

3/4 cup unbleached flour	1/2 teaspoon baking soda
3/4 cup whole wheat flour	1/2 teaspoon ground cinnamon
3/4 cup white sugar	2 egg whites
1 1/4 teaspoons baking powder	1 cup banana, mashed (3 medium bananas)
	1/4 cup applesauce

DIRECTIONS

1. Preheat oven to 350° Lightly grease an 8x4 inch loaf pan.
2. In a large bowl, stir together flour, sugar, baking powder, baking soda and cinnamon. Add egg whites, bananas and applesauce; stir just until combined. Pour batter into prepared pan.
3. Bake in preheated oven for 50 to 55 minutes, until a toothpick inserted into center of loaf comes out clean. Turn out onto wire rack and allow to cool before slicing.

Recipes modified from: www.allrecipes.com, www.fruitsandveggiesmatter.gov

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!