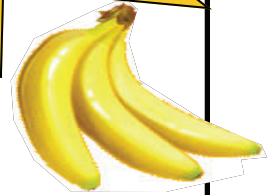


Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

# The produce of the week is...

## Banana



You can find POW! info sheets on the EHHD website!  
[www.ehhd.org](http://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](http://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](http://www.allrecipes.com), [www.fruitsandveggiesmatter.gov](http://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!**