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Media release

Bananas won't make you fat - guaranteed

Australian Banana Industry intent on busting the fat myth

Some people assume that because bananas have a creamy texture when compared with other more watery fruit that they must be fattening. But the Australian Banana industry says this is a myth that needs busting.

In fact, the average sized banana has a few more than 100 calories, which is half the calories of a typical can of soft drink or a café mocha and less than a chocolate biscuit according to Accredited Nutritionist, Glenn Cardwell.

Cardwell says, "Bananas don't make you fat. In fact, bananas contain virtually no fat. They contain protein, and are packed with a variety of other nutrients including carbohydrate for energy, fibre, vitamin C, and the wonderful B group vitamins such as folate and vitamin B6."

So should you include bananas your diet especially if you are trying to lose weight? The answer is 'Yes'!

Cardwell says, "Bananas are very satisfying because they are filling which makes them a great snack.

"Bananas contain carbohydrates, potassium and magnesium, replenishing energy stores and electrolytes that may be lost during a tough exercise session.

"A ripe banana will have some fruit sugar, but it comes with plenty of fibre and essential nutrients. The sugar in fruit is not unhealthy or fattening because fruit, especially bananas, are one of the most filling foods you can eat.

"Sugar needs to be kept in perspective. Sugar, in sensible amounts, is not bad; it's an energy source. Many processed foods can be singled out as not good for you because they contain high levels of sugar. But for most people, having small amounts of sugar is not harmful, and naturally occurring sugar in fruit is part of a nutritious diet.

"A medium fries has around 370 calories, the same as you will find in four bananas. Even if you could eat four bananas in one sitting, which most people couldn't, you wouldn't feel hungry afterwards. After a medium fries, it is easy to eat a hamburger and a soft drink, giving you around 1,000 calories, and you would probably gain weight.

"That is the beauty of the banana; it slows down your eating and stops people from over-eating.

"So go ahead and enjoy your banana – it won't make you fat," Cardwell says. "We guarantee it!"

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