

### Include banana in your daily diet



Have a banana daily! Bananas contain potassium that is vital for heart and kidney function and also helps speed up your metabolism. It also aids in reducing high blood pressure.

Take a look at the benefits of this fruit, which is one of the most famous common fruits amongst people of every age.

**1. Blood pressure regulation:** Banana contains high amount of potassium and low levels of salt. This combination helps in regulating the blood pressure. It reduces the risk of heart related diseases.

**2. Bone strength:** The potassium content in bananas gives strength to your bones. Daily intake of bananas can prevent your bones from deteriorating. Bananas also help in neutralising the amount of sodium in your body, which ultimately saves calcium to get washed out from your body.

**3. Source of energy:** Bananas have abundance of vitamins and minerals like Vitamin C and Vitamin B-6. Eating this fruit can provide you with great energy. Pack yourself a couple of bananas to eat in the afternoon, after your lunch has been digested and your stomach asks for some food.

**4. Bowel health:** If you are suffering from constipation, banana is the fruit you need to pick. The fruit contains dietary fibre that aids the maintenance of the bowel system of your body.

**5. Stress reduction:** When you are in stress, the metabolic rate of your body shoots up and potassium levels consequently decrease. Eating a banana can thereby flush your body with potassium, which will automatically ease you and regularise your heartbeat.

**6. Brain food:** The potassium in bananas makes you more mentally alert. Research shows that this fruit aids concentration and hence is a marvellous fuel for the brain.

**7. Iron rich fruit:** This yellow fruit, which is rich in iron, can supply your body with the amount of iron it needs. This can also benefit you when you are suffering from an injury and require the blood to clot faster with the help of haemoglobin.

Thus, include bananas in your breakfast, lunch, snack or dinner and enjoy numerous health benefits.