Bananas are one of the healthier natural food sources in the world ounce for ounce. They contain almost no fat, are very low in calories, and are high in vitamin B6, fiber and potassium. They also contain high amounts of phosphorus, magnesium, calcium, iron, zinc, copper, selenium, Vitamins—A, B1, B2, C, E, K, Niacin and Pantothenic Acid. According to the FDA, eating bananas can lower the risk of heart attacks and strokes, as well as decrease your risk of getting cancer.

- The average American eats 27 pounds of bananas each year!
- Bananas are one of the few foods to contain the 6 major vitamin groups.
- An individual banana is called a finger. A bunch of bananas is called a hand.
- Bananas are a very rich source of vitamin B6, which your brain needs to function properly and make you wise.
- The phrase "going bananas" was first recorded in the Oxford English Dictionary because of the banana's connection with monkeys.
- Banana plants are not trees, they are a type of herb.
- About 75% of the weight of a banana is water.