



One Banana Helps Celebrate Banana Festival Day September 21 (but we think everyday is a great day for One Banana)

CORAL GABLES, FLORIDA, September 12, 2017 – September 21st is celebrated around the world as Banana Festival Day. And there's much to celebrate about this simple tropical fruit we all know and love. Bananas are one of the most widely consumed fruits in the world – and with good reason! You can enjoy a One Banana on September 21, and we think you should have one every other day of the year as well!

Health Benefits of Bananas

Bananas have many health benefits – as a snack in a school lunch it can provide vitamins and minerals for growing children and prevent malnutrition. A recent study was conducted in the schools of Guatemala where One Banana has their [Nutritious School Snacks Program: One Banana a Day Makes a Difference](#). The program aims to help improve the nutrition and food security of children as part of an in-school education program. The program consists of the donation of bananas to schools near our plantations, in the departments of Escuintla, Quetzaltenango, Retalhuleu and San Marcos, in Guatemala, as a nutritional supplement to their school snack. This added nutrition has made a difference in the children, as 99 percent of the children were in the normal growth range for their age after participating in the program.



Bananas also have other health benefits – they can reduce blood pressure and a study conducted by the Imperial College of London found that children who ate just one banana per day had a 34% less chance of developing asthma. The fiber, potassium, vitamin C and B6 content in bananas all support heart health. Bananas also contain tryptophan, an amino acid that studies suggest plays a role in preserving memory, which may explain why the kids' school performance improved while eating a banana a day!

Nutritional Profile of Bananas

One serving of banana is considered to be about 126 grams. One serving of banana contains 110 calories, 30 grams of carbohydrate and 1 gram of protein. Bananas are naturally free of fat, cholesterol, and sodium.²

Bananas provide a variety of vitamins and minerals:

- Vitamin B6 - .5 mg
- Manganese - .3 mg
- Vitamin C - 9 mg
- Potassium - 450 mg
- Dietary Fiber - 3g
- Protein - 1 g
- Magnesium - 34 mg
- Folate - 25.0 mcg
- Riboflavin - .1 mg
- Niacin - .8 mg
- Vitamin A - 81 IU
- Iron - .3 mg

Bananas are always great as a snack on their own, or with almond butter, cooked with honey, baked with butter, or in a healthy smoothie. Add one to your child's lunch box for a healthy snack!

For more information about One Banana please visit www.onebananas.com.

ABOUT ONE BANANA

ONE BANANA is a family-owned company with operations in the United States, Guatemala, Europe, Peru, Mexico and Ecuador. It has emerged as a leader in socially responsible and environmentally sustainable farming. The Company has implemented rigorously developed workplace safety standards, the latest water conservation and rainwater collection technologies, and industry-leading worker benefits. ONE Banana's corporate social responsibility projects include providing access to medical clinics, nutritional programs, and education that have benefited more than 19,000 people, across twelve rural communities in Guatemala.

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