

## Mayo Clinic Minute

### Peeling into the health benefits of bananas

VIDEO	AUDIO
	Peel into a banana, and you'll discover a bunch of health benefits.
Angie Murad	"Bananas are higher in potassium."
	Dietitian Angie Murad says potassium can help you maintain a healthy blood pressure, and ...
Angie Murad	"... it just can help maintain adequate hydration."
<b>Graphic:</b> <b>Potassium</b> <b>Magnesium</b> <b>Vitamins C and B6</b> <b>Low in fat</b>	In addition to potassium, Murad says bananas are a good source of magnesium and vitamins C and B6. They're also low in fat.
<b>Title:</b> <b>Angie Murad</b> <b>Dietitian</b> <b>Mayo Clinic</b>	"They only have 4 percent of their calories coming from fat. But it has a special kind of fat, which is structurally similar to cholesterol. So they can actually inhibit the absorption of cholesterol. "
<b>Graphic:</b> <b>27 grams of carbs</b>	A medium banana also provides energy – about 27 grams of total carbs.
Angie Murad	"Some of that carbohydrate is a unique kind of carbohydrate. that's digested ..."
Angie Murad	"... further down in the lower intestines. So it also helps us maintain healthy gut bacteria too."
<b>Graphic:</b> <b>3 grams of fiber</b>	Speaking of the gut, this grab-and-go snack also contains about 3 grams of fiber, which can provide a longer feeling of fullness between meals and aid in digesting food.
	For the Mayo Clinic News Network, I'm Jeff Olsen.