

Go B-A-N-A-N-A-S

We have all heard the saying, “An apple a day keeps the doctor away,” but why the apple? Why not a different fruit, like a pear, apricot, strawberry or banana? Bananas are available in the stores year-round, relatively inexpensive, and offer an excellent source of vitamins and minerals like potassium.

Potassium is an important mineral for regulating blood pressure, muscle contraction and relaxation, and heartbeat. It also functions as an electrolyte, helping to maintain proper fluid balance in our body.

Sometimes, the potassium in our blood can drop in response to illnesses that bring about diarrhea and vomiting or using certain diuretic medications.

Consuming plenty of food rich in potassium helps maintain a healthy level in our body. Potassium is primarily found in fruits and vegetables. It is also present in certain foods such as dairy products and quinoa. There are certain fruits and vegetables that contain larger amounts of this nutrient as well, like apricots, avocados, citrus fruits, potatoes, persimmons, cantaloupe, and of course bananas!

Potassium is not the only benefit of eating bananas. They also contain Vitamin B6, a vitamin responsible for communication between the muscles and nerves, as well as production of red blood cells, and prevention of moodiness. The small amount of tryptophan found in bananas also helps promote a relaxed state of mind. Bananas contain probiotics called FOS (fructooligosaccharides) that foster growth of beneficial bacteria in the gut.

When bananas are getting too ripe, you can make banana bread. You can also dice them up, freeze them in chunks and add them to smoothies. You can also simply slice them and place on top of your favorite cereals.

Nutrition notes by Jeannine



Joy's Easy Banana Bread

- 3 ripe and peeled bananas, mashed
- 1 cup white sugar
- 1 egg
- ¼ cup melted butter
- 1 ½ cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon of salt

Preheat oven to 325 degrees F and grease an 9x5-inch loaf pan.

Combine bananas, sugar, egg, and butter in a bowl. Mix flour and baking soda together in a separate bowl. Stir into banana mixture until batter is just mixed. Add salt. Pour batter into the prepared loaf pan. Bake in oven for about 1 hour or until a toothpick inserted in the center of the bread comes out clean. Enjoy!

Recipe from <https://www.allrecipes.com>

Nutrition Education Quarterly Topic:

“Nutrition Requirements for Senior Nutrition Program”

Jeannine Gaillardetz, RD, will provide nutrition education to seniors at each of our Dine-In sites during lunch service.

Here is the October schedule:

- October 1, 2025 – Pollock Pines
- October 15, 2025 – South Lake Tahoe
- October 23, 2025 - Georgetown