



# Banana

## Purchasing Specifications

### Availability:

Year round

### Growing Regions:

Major growing areas include: Colombia, Costa Rica, Ecuador, Guatemala, Honduras.

### Receiving Information:

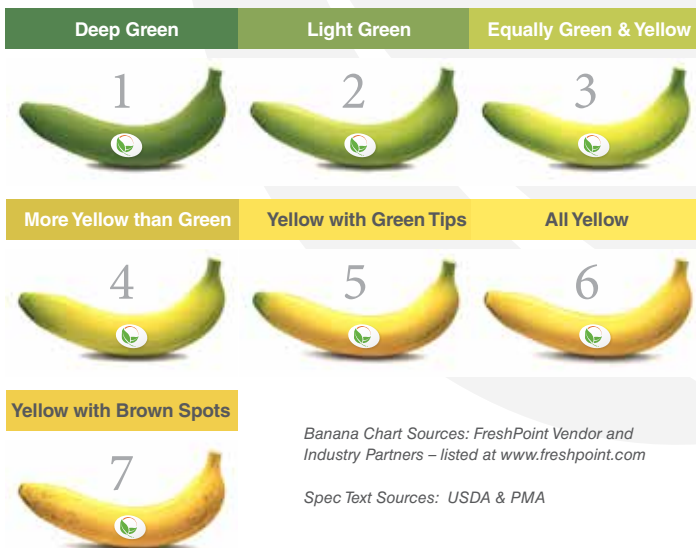
- Accelerated flesh softening; flesh decay, poor color: Indication of storage at high temperatures.
- Dull skin color when fruit ripens: Indication of chill injury - do not store mature green or ripe

bananas below 55 degrees F/13 degrees C.

### Storage/Handling:

- Ethylene Producer: Yes: ethylene production rate increases with ripening
- Ethylene Sensitive: Mature green: Yes: ethylene is required to initiate ripening. Ripe: No
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: Yes
- Mist: No

- Avoid storing bananas in a fruit bowl with fruits like apples or peaches (or any produce item that emits ethylene gas), since this will cause bananas to ripen very quickly.
- Do not store bananas in the refrigerator. They will turn a gray/brown color and even though they are still edible, they will look undesirable.
- Bananas are at peak flavor when small brown spots appear, and are still good when covered by larger brown spots. As bananas ripen, the starch in the fruit turns to sugar. The brown spots indicate that the sugar content is increasing.
- **Green Bananas:** Starchier than a yellow banana. Use as you would root vegetables, especially steamed or boiled. Appearance: Solid green, very firm texture; glossy skin. Handling: Identical to yellow bananas



Banana Chart Sources: FreshPoint Vendor and Industry Partners – listed at [www.freshpoint.com](http://www.freshpoint.com)

Spec Text Sources: USDA & PMA

## Nutrition Facts

### Serving Size: 1 cup sliced

Amount Per Serving

Calories 134	Fat Calories
% Daily Value*	
Total Fat 0 g	
Sat Fat 0 g	1%
Trans Fat 0 mg	0%
Cholesterol 0 mg	0%
Sodium 2 mg	0%
Total Carbohydrates 34g	26%
Dietary Fiber 4g	16%
Sugars 18g	
Protein 2g	4%
Potassium 537mg	11%
Vitamin A 1%	Vitamin C 17%
Calcium 1%	Iron 2%

\*Percent Daily Values are based on a 2,000-calorie diet.