



SAISD CNS Powerful Produce of the Week

BANANAS

FUN FACTS!

Rub the inside of a banana peel on your skin to stop the itch from a bug bite or rash!

Humans share ~50% of our DNA with bananas!

POWER UP!

Bananas keep you happy and focused.

Pectin is a carbohydrate found in bananas; it reduces your appetite and keeps you feeling full.

TRY THEM ALL!



Nutrition Education presented by your District Dietitian, Alyssa K Garza, RDN

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