



the fruit is often referred to as a banana, but the name is derived from the spanish word "plátano" which literally means "a kind of stone fruit". this fruit is the only edible fruit in the musaceae family, and is related to the plantains, plantains, and plantains. it has a hard yellowish fruit with a gelatinous flesh that grows on a herbaceous plant. it is a highly nutritious food with high vitamin content and is a rich source of dietary fiber, protein, and minerals like potassium, phosphorus, and magnesium. the fruit can be eaten raw or cooked and it can be blended into smoothies or other dishes. the seeds are sold as a food product, and the oil that can be extracted from the seeds has been used for cooking. the fruit has been used as a medicine and as a sweetener. bananas have been used in cooking and baking since the first domestication of plants in the new world, and they are sometimes called american "yellow food". the first banana cultivar was the west indian variety named musa sapientum, from the musaceae family, and it was domesticated in the new world. banana plants can have very large roots and can grow to be up to 3 metres tall. banana fruits can vary in size, but are usually smaller than the fruits of the asian plantain (musa paradisiaca). the fruits of the banana plant are elongated, fibrous, and green. the chemical composition of bananas varies according to their maturity stage and variety. the banana has a neutral to basic ph, contains most of the nutrients needed for proper growth and development, including carbohydrates, proteins, lipids, vitamins, minerals, and trace elements. [4] however, these nutrients are not evenly distributed in all parts of the fruit, with a higher content in the edible part of the banana. [5] compared with other fruits, bananas are rich in potassium and provide about 60% of the recommended daily intake for potassium, a necessary mineral for the proper function of the nervous system, muscles, kidneys, and other organs. [6] other important nutrients include vitamin c, thiamin, riboflavin, and niacin. [7] in addition, bananas provide moderate amounts of dietary fiber, folate, iron, copper, magnesium, phosphorus, and zinc. [4] they are also a good source of dietary antioxidants, like carotenoids, phenolic compounds, ascorbic acid, and beta-carotene.

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