

Bananas are native to tropical southeastern Asia but are widely cultivated in tropical regions. In popular culture and commerce, "banana" usually refers to the soft, sweet "dessert" bananas that are usually eaten raw. The bananas from a group of cultivars with firmer, starchier fruit, generally used in cooking rather than eaten raw, are typically known as plantains. Bananas may also be dried and ground into banana flour.

The main or upright growth is called a pseudostem. Each pseudostem produces a single bunch of bananas. Bananas are classified either as dessert bananas (meaning they are yellow and fully ripe when eaten) or as green cooking bananas.



By a high potassium to sodium content, bananas may prevent [high blood pressure](#) and its complications.

[31](#)

[1](#)

[32](#)

[1](#)

High fiber content may also contribute to this effect.

[31](#)

[1](#)

High potassium may also prevent renal calcium loss, in effect preventing bone breakdown.

[1](#)

In diabetes, it contributes with electrolyte replacement, as well as increased absorption of nutrients.

[1](#)

[1](#)

[1](#)

[1](#)

[1](#)

[1](#)

[1](#)

[1](#)

[1](#)

[1](#)

[1](#)

[1](#)

[1](#)

[1](#)

[1](#)

[1](#)

Allergic reactions

[View Article](#)