BENEFITS OF BANANAS
#FUELFORFUNCTION

DID YOU KNOW?
Bananas provide BETA CAROTENE which improves IMMUNITY, promotes eye health and protects against various diseases.

They are also rich in VITAMIN C, aiding in immunity and VITAMIN B6, which promotes amino acid & carbohydrate metabolism.

NUTRITION TIPS:
No time for breakfast before an early morning workout?
Eating a banana 15-30 mins before training provides a great source of easily digestible carb that will fuel your exercise!

Looking for a fuel source during an endurance event?
It is recommended to eat 30-60g of carbs per hour. A banana is easy to digest and utilize as energy for a long workout.

ATHLETES:
Bananas provide a rich source of easily digestible CARBS, which can be used as FUEL before and during exercise.

Eating carb-rich foods also aids in REPLENISHING muscle GLYCOGEN after exercise.

Bananas contain POTASSIUM which may help reduce muscle cramps.

OATMEAL BANANA MUFFINS

INGREDIENTS:
1/4 cup almond butter
2 med ripe bananas
1 large egg
1/4 cup rolled oats
1 tsp vanilla extract
1/2 tsp baking soda
1/2 tsp ground cinnamon

INSTRUCTIONS:
1. Preheat oven to 375 F
2. Add ingredients to a blender

References

Austin Bou, Dr. Michelle Barrack
CSULB Fieldwork Experiences in Sports Nutrition