



## Nutrition & Vitamins – Banana Buddies

## Big Dave Says Hi - But Who Is Big Dave?



Hi everyone I would like to take this opportunity to introduce myself, my name is Dave Gauder or as everyone calls me Big Dave. I am delighted to be selected as an Ambassador for Fyffes the Global Food Producers & Distributors. I have dedicated my life to maintaining fitness and wellbeing and understand perfectly how a healthy body and mind go hand in hand and work in harmony to enable you to

deliver amazing results. I am testament to this having achieved 26 Guinness Book World Strength Records as a world strength athlete throughout my career. Including pulling a 200 ton jumbo jet at Heathrow Airport.

I am also a multi award winning national community champion and work tirelessly with communities and organisations on a range of campaigns at local, regional and national levels. My mission in life is to be a Force of Good and Inspiration. My own persona morphs into the Big Dave character as a way of reaching out to people to help them to build safe positive relationships and bringing communities together through learning to respect one another, encouraging confidence and building on the inner strength that we all possess. Both Big Dave the character and myself have the same mantra and approach to life to being a force for good and inspiration. Remember 'If it's thinkable it's do able'.

I have spoken with over one million UK school children about negative behaviors and the very real dangers they face in society and how there are options to choose the right path. My door is always open to anyone who wishes to contact me to talk about bullying or pressures they might be facing at school, at home or even in their workplace. Please contact me through my website at [www.bigdave.online](http://www.bigdave.online)

Over the coming weeks I will bringing to you various topics and along with Fyffes our aim is to help you become more healthy and brain fit and of course bananas are the first topic I want to bring to your attention and why I find them so important in my life and why you should eat Fyffes bananas regularly. .



### WHY BANANAS ARE A SUPER BODY AND MIND FOOD



**Bananas:** Bananas are a good source of several vitamins and minerals, especially potassium, vitamin B6 and vitamin C.

**Potassium:** Bananas are a good source of potassium. A diet high in potassium can lower blood pressure in people with elevated levels and benefits heart health.

**Vitamin B6:** Bananas are high in vitamin B6. One medium-sized banana can provide up to 33% of the Daily Value (DV) of this vitamin.

**Vitamin C:** Like most fruit, bananas are a good source of vitamin C.

**Pectin:** Bananas are also a good source of other types of fibre, such as pectin. Some of the pectin found in bananas is water-soluble. When bananas ripen, the proportion of water-soluble pectin increases, which is one of the main reasons why bananas turn soft as they age. Both pectin and resistant starch moderate the rise in blood sugar after a meal.

**Carbs:** Bananas are mainly composed of carbs. Unripe bananas may contain decent amounts of resistant starch, which functions like fibre, aiding your gut. Bananas have a relatively low Glycemic Index (GI) of 42-58, depending on their ripeness. The GI is a measure of how quickly carbs in food enter your bloodstream and raise blood sugar levels. Banana's high content of resistant starch and fibre explains their low GI.

**Fibres:** A high proportion of the starch in unripe bananas is resistant starch, which passes through your gut undigested. In your large intestine, this starch is fermented by bacteria to form butyrate, a short chain fatty acid that appears to have beneficial effects on gut health.

# Health Benefits of Banana for Kids



Find out how to become a 'Big Dave Banana Buddy' at [Big Dave.online](https://www.bigdaveonline.com)

## Athletic Performance and Bananas

The unique mix of vitamins, minerals and low glycemic carbohydrates in bananas has made them a favourite among endurance athletes. Their easy portability, low expense and great taste also help support their popularity in this exclusive group.

A 2012 study of distance cyclists found that eating the equivalent of about one half a banana every 15 minutes of a three-hour race was just as good as keeping energy levels steady as drinking an equivalent amount of carbohydrate and minerals from a processed sports beverage. Bananas have long been valued by athletes for prevention of muscle cramps. Since bananas are a good source of potassium and since low potassium levels are known to contribute to risk of muscle cramps, it is logical to think about the potassium content of bananas as being the reason for fewer muscle cramps after the consumption of bananas. There is actually some recent research in support of this reasoning. In a recent study, consumption of one or two bananas prior to an hour of exercise was shown to keep blood potassium levels higher after the training.

<b>Calories 89</b>			
		<b>% Daily Value*</b>	
<b>Total Fat</b> 0.3 g			0%
Saturated fat 0.1 g			0%
Polyunsaturated fat 0.1 g			
Monounsaturated fat 0 g			
<b>Cholesterol</b> 0 mg			0%
<b>Sodium</b> 1 mg			0%
<b>Potassium</b> 358 mg			10%
<b>Total Carbohydrate</b> 23 g			7%
Dietary fiber 2.6 g			10%
Sugar 12 g			
<b>Protein</b> 1.1 g			2%
<b>Vitamin A</b>	1%	<b>Vitamin C</b>	14%
<b>Calcium</b>	0%	<b>Iron</b>	1%
<b>Vitamin D</b>	0%	<b>Vitamin B-6</b>	20%
<b>Cobalamin</b>	0%	<b>Magnesium</b>	6%

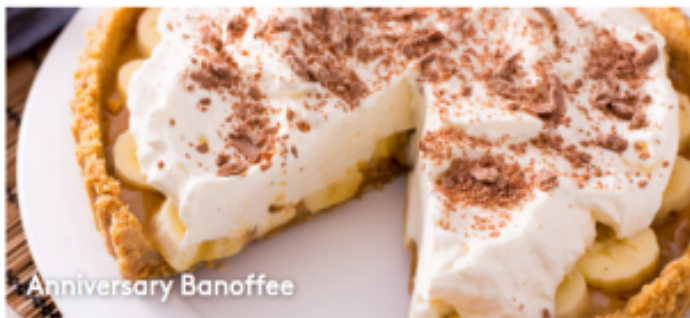
Bananas also provide athletes with quick and effective energy source through its substantial carbohydrate and sugar content. These carbs and sugar from bananas can provide the added energy to help keep the mind and body sharp throughout activity. With around 30g of total carbohydrates in each medium-sized banana, it's an excellent and delicious way to get an instant boost of energy.



See our website for more details.



Get The Recipes For All Of These Fantastic Deserts By Clicking Here, Yummy Yummy!





# Nutrition & Vitamins – Big Dave's Safe Station



Christmas Almond Banana Mincemeat Pies



Easy Peasy Cake



Old Fashioned Banana Syrup Tart



Pineapple Cake



Pineapple Upside Down Cake



Sweet Pizza

