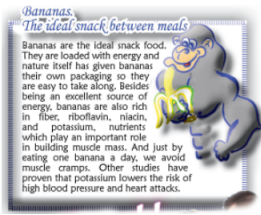


Bananas. The ideal snack between meals

Written by

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Bananas are the ideal snack food. They are loaded with energy and nature itself has given bananas their own packaging so they are easy to take along. Besides being an excellent source of energy, bananas are also rich in fiber, riboflavin, niacin, and potassium, nutrients which play an important role in building muscle mass. And just by eating one banana a day, we avoid muscle cramps. Other studies have proven that potassium lowers the risk of high blood pressure and heart attacks.