

Why you shouldn't eat a banana for breakfast

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Think you're giving your health a boost by grabbing a breakfast banana each morning?

We've got bad news for you - they may actually be throwing you off your healthy diet plan.

According to Nutritionist Dr Daryl Gioffre, bananas have a good reputation due to their high levels of potassium, fibre and magnesium, but it isn't a good option for breakfast.

"They'll give you a quick boost," Gioffre told [Metro UK](#), "but you'll soon be tired and feeling hungry."

This is down to the high level of natural sugar found in the fruit.

A banana is made up of around 25 per cent sugar, and the sweetness, paired with their moderate levels of acidity, can give you an initial sugar boost - followed by a mid-morning crash.

To add to the problem, Gioffre says bananas aren't the best for digestive health.

"When sugar is consumed in any form, it undergoes the process of fermentation, like beer and wine, and turns into acid in your body. This clogs up your digestive system."

But it's not all bad for banana fans. According to the nutritionist, you can help slow down the metabolism of sugar by pairing the fruit with healthy fat.



"Without balancing this banana breakfast with a healthy fat, many of banana's benefits are lost, while spikes in blood sugar and acid are gained," says Gioffre.

He recommends eating banana with something that will neutralise the acid, such as peanut butter, porridge, toast or low-sugar yoghurt.

This way, you'll be less tempted by the biscuit jar at 11am.

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