



We've got some bad news about bananas

By [Miriam Burke](#)  | Jan 23, 2017

The hungry person's favourite snack may not be as great as we previously thought.

Ah, the humble banana. The handiest, tastiest (some might say) fruit there is. And it even comes in its own natural, environmentally friendly packaging!

But the health-conscious hungry person's favourite snack may not be as wonderful as we previously thought.

Bananas are beloved because of all the potassium they punch, and they're also high in fibre and magnesium. So far, so healthy. However, health and wellness expert [Dr Daryl Gioffre](#) has dropped a truth we never wanted to hear - but one we'll have to accept. Bananas are 'nature's candy', which can only mean one thing; they're full of our most feared ingredient: sugar.

Dr Gioffre says, "Bananas eaten alone aren't the best option because they're 25% sugar and moderately acidic. 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."

The findings come in line with the new way of eating that A-listers are fond of: the alkaline diet, which is all about finding the right balance between acidic and alkaline foods, specifically less acid, more alkaline. And would you believe it, Dr Gioffre is the creator of once such diet, the [AlkaMind](#).

What he says, though, makes sense. Because bananas are acidic, "they'll give you a quick boost, but you'll soon be tired and feeling hungry." Therefore, bananas shouldn't be eaten by themselves. "Because bananas are acidic, you'll have to neutralise the acid to get the benefits of potassium, fibre, and magnesium without the sugar rush."

So, there's no need to give up the jolliest looking fruit altogether, just make sure that if you're eating one for an energy boost, that you balance it with something that will stop you bouncing off the walls, and then, a few minutes later, feeling sluggish. Food the doc recommends to complement your morning snack are raw almond or coconut butter, coconut oil, chia, flax, hemp turmeric, and cinnamon.

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