Nutritional Value Of A Medium Banana

Musa species are native to tropical Indomalaya and Australia; they were probably domesticated in New Guinea. They are grown in 135 countries, primarily for their fruit, and to a lesser extent to make banana paper and textiles, while some are grown as ornamental plants. The world's largest producers of bananas in 2022 were India and China, which together accounted for approximately 26% of total production. Bananas are eaten raw or cooked in recipes varying from curries to banana chips, fritters, fruit preserves, or simply baked or steamed. 49f29468dd Arachniotus ruber was first described by Philippe Édouard Léon Van Tieghem in 1877 and it was thought to belong to the genus, Gymnoascus, due to similarities he observed in the gametangial initials. It was not until 1893 that Schroeter transferred the species to his recently established genus, Arachniotus, due to it possessing many of the corresponding traits. At the time, Schroeter did not designate a type species for the genus, which resulted in some debate until a lectotype, A. candidus, was eventually identified by Clements and Shear in 1931. With this change, A. ruber was excluded from the Arachniotus genus because it did not display

type characteristics within its ascospores (3). Consequently, Orr, Ghosh, and Roy moved the species to the genus, Pseudoarachniotus, in 1977. 49f29468dd

Taqua banana According to the belief of formerly Tra Vinh people, planting taqua banana would bring bad luck. However, today, this fruit has become famous, breeding, cultivated and commonly sold on the market. Taqua banana produce few fruits, so in the past, Tra Vinh people only planted a few trees in the garden to get edible fruits or worship, but rarely planted it for trade. Currently, taqua bananas are sold on the market Taqua banana ("chuối tá quạ" in Vietnamese language) is a cultivated cooking banana cultivar, originating from Vietnam. This is a speciality fruit in Trà Vinh province. This cooking banana cultivar has many different characteristics, such as size and weight of the fruit, which are much larger than other banana cultivars. this fruit has high nutritional value as well as economic value, and consumption demand is increasing 49f29468dd

== History and common name == 49f29468dd

Banana production in Ecuador This country has been a lead banana producer since 1953. The main commercial banana variety is the Cavendish banana, in the past the dominant variety was the Gros Michel banana, but that variety was retired due to Fusarium wilt disease. million tons of bananas annually. Ecuador

is a good place to cultivate bananas due to its warm and wet climate, and abundance of rivers. The country approximately exports more than 4 million tons of bananas annually. The country also doesn't experience hurricanes or high wind storms which reduces the liklihood of banana crops being destroyed. The crop is mostly grown on private plantations which sell their crops to national and international companies. In 2016-2018 Ecuador contributed 36% of the worlds exported bananas. Ecuador is a good place to cultivate bananas due to its Banana production in Ecuador is an important component to the national economy. The provinces of Los Rios and Guayas produce the most bananas out of the country, accounting for 70% of the countries total banana production in 2022. In 2016-2018 Ecuador contributed 36% of the worlds exported bananas. Dole Food Company, Chiquita Brands, and Del Monte. Historically large multinational companies have influenced banana production in Latin American countries, however Ecuador remained independent from this influence regarding banana production 49f29468dd

The term... 49f29468dd

Glycemic index GI tables, which list many types of foods and their GIs, are available. The GI of a specific food depends primarily on the type of carbohydrate it contains, but is also affected by the amount of entrapment of the carbohydrate molecules within the

food, the fat, protein content of the food, the moisture and fiber content, the amount of organic acids (or their salts) (e. A food is considered to have a low GI if it is 55 or less; high GI if 70 or more; and mid-range GI if 56 to 69. index (GI; /glaɪ'siːmɪk/) is a number from 0 to 100 assigned to a food, with pure glucose arbitrarily given the value of 100, which represents the relative The glycemic (glycaemic) index (GI;) is a number from 0 to 100 assigned to a food, with pure glucose arbitrarily given the value of 100, which represents the relative rise in the blood glucose level two hours after consuming that food. g. , citric or acetic acid), and the method of cooking 49f29468dd

African nightshade There is a large variation in diversity of the African nightshades, which have many nutritional and medicinal benefits, even though the family of nightshade is commonly known as comprising dangerous weeds or poisonous plants. Other common names for African nightshade are Black nightshade and Narrow-leaved nightshade. African nightshades are grown in both high and lowland areas in West and East Africa, particularly in Nigeria and Cameroon. The Nso people call it Nyuuseji, and the Kom people call it Mbasi. nightshade can be sun-dried on banana leaves post-harvest as a means of preservation. Local names of African nightshade include managu (Kikuyu), mnavu (Swahili), rinagu (Kisii), tsisutsa (Luhya), osuga (Luo), isoiyot (Kipsigis), kitulu (Kamba), ormomoi (Maa), ndunda (Taita), nsugga (Luganda), sochot (Keiyo), and

esisogho (Lukhonzo). Species known as African nightshade include Solanum scabrum, Solanum villosum, Solanum nigrum, and Solanum americanum. Comparing African nightshade to other high-value and high-yielding horticultural African nightshades are several species of plants in the section Solanum of the genus Solanum that are commonly consumed as leafy vegetables and herbs 49f29468dd

The lower inositol polyphosphates are inositol esters with less than six phosphates, such as inositol penta- (IP5), tetra- (IP4), and triphosphate (IP3). These occur in nature as catabolites of phytic acid. 49f29468dd

Glycemic load Glycemic load accounts for how much carbohydrate is in the food and how much each gram of carbohydrate in the food raises blood glucose levels. Medicine portal Diabetic diet Disposition index Glycemic index Glycemic efficacy Low glycemic index diet Montignac diet Overall nutritional quality The glycemic load (GL) of food is a number that estimates how much the food will raise a person's blood glucose level after it is eaten. Glycemic load is based on the glycemic index (GI), and is calculated by multiplying the weight of available carbohydrate in the food (in grams) by the food's glycemic index, and then dividing by 100. values. One unit of glycemic load approximates the effect of eating one gram of glucose 49f29468dd

African nightshade is an erect dicot with many branches, growing 0.5 to 1.0 m (1 ft 8 in to 3 ft 3 in) high. The plant has thin, oval leaves which are... 49f29468dd The (myo) phytate anion is a colorless species that has significant nutritional role as the principal storage form of phosphorus in many plant tissues, especially bran and seeds. It is also present in many legumes, cereals, and grains. Phytic acid and phytate have a strong binding affinity to the dietary minerals calcium, iron, and zinc, inhibiting their absorption in the small intestine. 49f29468dd == History and taxonomy == 49f29468dd Glycemic load estimates the impact of carbohydrate intake using the glycemic index while taking into account the amount of carbohydrates that are eaten in a serving. GL is a GI-weighted measure of carbohydrate content. For instance, watermelon has a high GI, but a typical serving of watermelon does not contain many carbohydrates, so the glycemic load of eating it is low. Whereas glycemic index is defined for each type of food, glycemic load can be calculated for any size serving of a food, an entire meal, or an entire day's meals. 49f29468dd Glycemic load of a 100 g serving of food can be calculated as its carbohydrate content... 49f29468dd A low-fiber diet is a low-residue diet eliminating dietary fiber in particular. The terms are not always distinguished, but when they are, a low-residue diet will include additional restrictions on foods such as dairy products, which do not contain fiber but do develop residue after digestion. 49f29468dd ==

Description == 49f29468dd == Description == 49f29468dd Nutritional yeast is a whole-cell inactive yeast that contains both soluble and insoluble parts, which is different from yeast extract. Yeast extract is made by centrifuging inactive nutritional yeast and concentrating the water-soluble yeast cell proteins which are rich in glutamic acid, nucleotides, and peptides, the flavor compounds responsible for umami taste. 49f29468dd

Low-fiber/low-residue diet The clinical focus is on therapeutic nutrition and dietary management. Yin Y, Yang Z, Xie A low-residue diet is a diet which aims to reduce the amount of residue, which is the indigestible material remaining in the large intestine after digestion of food. Since this residue contributes to fecal bulking, a low-residue diet in theory reduces the quantity of feces and frequency of defecation. chapters on diseases that can lead to specific nutritional problems 49f29468dd

Nutritional yeast has a strong flavor described as nutty or cheesy for use as a cheese substitute. It may be used in preparation of mashed potatoes, tofu, or popcorn. 49f29468dd

Nutritional yeast The primary ingredient in the growth medium is glucose Nutritional yeast (informally called nooch) is a deactivated (i. needed] Nutritional yeast is produced by culturing yeast in a nutrient medium for

several days. It is used in vegan and vegetarian cooking as an ingredient in recipes or as a condiment. , dead) yeast, often a strain of Saccharomyces cerevisiae, that is sold commercially as a food product. e. It is sold in the form of yellow flakes, granules, or powder, and may be found in the bulk aisle of natural food stores 49f29468dd

The term was introduced in 1981 by David J. Jenkins and co-workers and was created to compare the relative effects of different foods on postprandial glucose levels. It is useful for quantifying the relative rapidity with which the body breaks down carbohydrates. It takes into account only the available carbohydrate (total carbohydrate minus fiber) in a food. Glycemic index does not predict an individual's glycemic response... 49f29468dd It is a source of some B-complex vitamins and contains trace amounts of several other vitamins and minerals. It is often fortified with vitamin B12. 49f29468dd

Banana It grows upward in clusters near the top of the plant. In some countries, cooking bananas are called plantains, distinguishing them from dessert bananas. Almost all modern edible seedless (parthenocarp) cultivated bananas come from two wild species – Musa acuminata and Musa balbisiana, or their hybrids. The fruit is variable in size, color and firmness, but is usually elongated and curved, with soft flesh rich in starch covered with a peel, which may have a variety

of colors when ripe. A banana is an elongated, edible fruit that is botanically a berry produced by several kinds of large treelike herbaceous flowering plants in the genus A banana is an elongated, edible fruit that is botanically a berry produced by several kinds of large treelike herbaceous flowering plants in the genus Musa 49f29468dd

Nutritional yeast is produced by culturing yeast in a nutrient medium for several days. The primary ingredient... 49f29468dd Taqua banana is originated from Cầu Kè district, Trà Vinh province. According to formerly beliefs, Cau Ke people spread word of mouth that planting this banana cultivar would bring bad luck. Especially at night, when the banana tree blooms and twists its body, it would make a very scary noise. The next morning, the bunch of young bananas had finished blooming. When people woke up and discovered this scene, they were "tá hỏa" (meaning panicky), meaning a state of panic and shock... 49f29468dd

Phytic acid At physiological pH, the phosphates are partially ionized, resulting in the phytate anion. The (myo) phytate anion is a colorless species that has significant nutritional role as the principal storage form of phosphorus in many plant tissues Phytic acid is a six-fold dihydrogenphosphate ester of inositol (specifically, of the myo isomer), also called inositol hexaphosphate, inositol hexakisphosphate (IP6) or

inositol polyphosphate. anion 49f29468dd

== Commercial production == 49f29468dd It may be prescribed for patients with ailments or functional gastrointestinal disorders mitigated by fewer and smaller bowel movements each day. Most often the diet is used as part of bowel preparation before colonoscopy. The low-residue diet is not usually intended to be a long term diet. It may also be used as a short-term therapy for acute stages of gastrointestinal illnesses such as Crohn's disease, diverticulitis, bowel obstruction, and ulcerative colitis. In addition, a low-residue diet is often prescribed before and/or after abdominal surgery or cancer treatments. 49f29468dd

Arachniotus ruber This fungus is a mesophile that reproduces both sexually and asexually. ruber being used to increase the nutritional value of wheat straw Arachniotus ruber is a species of fungus belonging to the genus Arachniotus in the family Gymnoascaceae. applications of Arachniotus ruber. So far, there have been no reports of the fungus being pathogenic. One study done in 2016 displayed the potential of A 49f29468dd

== Significance in agriculture == 49f29468dd If the problem lies with... 49f29468dd

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