



# Plantains

## Health Benefits of Plantains

Plantains are tropical fruit that look like bananas but are very different in flavor, texture and size. Plantains are larger, less sweet and more starchy, similar to a potato, with plenty of health benefits.

### 1 cup cooked plantain provides:

- 215 calories, 2 gm protein, 3 gm fiber, no fat, no cholesterol

### Potential benefits of plantains:

- Excellent source of vitamin C that boosts immunity and healing
- Alpha, beta-carotene, lutein and zeaxanthin support eye health
- Folate which prevents birth defects, regulates DNA and homocysteine and reduces risk of heart disease
- High in potassium and low in sodium for healthy blood pressure and choline for brain development, mood and memory
- Resistance starch (fiber) lowers blood sugars and cholesterol, aids in weight management and supports a healthy microbiome
- Although they can be eaten raw, they are usually baked, boiled, fried or roasted. Use in place of potatoes in soups, slice for sandwiches or enjoy baked chips with dip, hummus or guacamole



Brought to you by the Coos County Food and Nutrition Group, Advanced Health and OSU Extension Family and Community Health.



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