



NUTRIENT COMPOSITION OF PERFECTION FRESH PRODUCE –Banana’s (1 banana, RAW)

NUTRITION INFORMATION PANEL			
Serving size: 150g (1 medium banana)			
	Av QTY Per serve	%DI	Av QTY per 100g
Moisture	113g		76g
Energy	591kJ	7%	394kJ
Protein	2.1g	4%	1.4g
Total fat	<1g	1%	<1g
Saturated fat	0g	0%	0g
Total Carbohydrates	29.4g	9%	19.6g
Sugars	19.2g	21%	12.8g
Dietary fibre	3.3g	11%	2.2g
Sodium	0mg	0%	0mg
Potassium	519mg		346mg
Folate eq	49.5ug	25%	33ug
Glycemic Index (GI) ^	47		

Source: Aust Food Comp Data
 ^ Glycemic Index Database
 * based on an average adult diet of 8700 kJ
 "<" means less than

**NUTRITION INFORMATION PANEL
 MUST APPEAR WHEREVER NUTRITION
 AND HEALTH CLAIMS ARE MADE**

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