

In fact, a banana peel can give the human body a lot of nutrients. That is exactly what its advantages are.

**A lot of fiber.** In the peel of the banana there is more than in the fruit itself, according to the doctor of medical sciences Avery Zenker, a nutritionist from the University of Queens. There are about 3-7 g of fiber per 100 g of the peel, adds Anne Vanbert, a doctor of philosophy, a certified nutritionist, professor of dietetics of Texas Christian University.

**Contains a lot of potassium and other electrolytes.** You will receive about 1025 mg of potassium from the peel of one banana, which is almost 40% of the recommended daily norm. This is more than in the fruit itself. Potassium consumption can help in the fight against high blood pressure.

**A large number of antioxidants.** There are many polyphenols, flavonoids, anthocyanins and carotenoids in the banana peel. Polyphenols, for example, have anti-inflammatory and antioxidant effects, due to which they protect against type 2 diabetes, heart diseases, and some types of cancer.

**Supports healthy cholesterol level.** Fiber in a banana peel can be associated with cholesterol in the digestive tract and remove this substance from the body.



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**Helps regulate blood sugar levels.** Banana peel slows down the speed of carbohydrate absorption by the body. This improves the regulation of blood glucose.

**Improves mood and sleep.** According to studies, the peel of immature bananas is a rich source of serotonin. Magnesium and tripophanes in the peel also improve sleep.

**Useful for skin health.** Thanks to the antimicrobial effect, the peel of the banana positively affects the skin, promotes the healing of acne.

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