

**5 a-day the easy way with bananas : quick and easy serving suggestions inside / Tesco.**

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**Publication/Creation**

[Cheshunt] : Tesco, [2002]

**Persistent URL**

<https://wellcomecollection.org/works/gdn9fcn3>

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# 5

a-day

- Eat at least 5 portions of different fruit & veg a day to help prevent cancer
- 1 banana (80g) = 1 portion

CANCER RESEARCH UK



# 5 a-day the easy way with Bananas



QUICK AND EASY SERVING SUGGESTIONS INSIDE

**TESCO** *Every little helps.*

# A banana a day...

The banana has great dietary properties; it's full of energy, easy to digest and very nutritious. Bananas are rich in carbohydrate and low in fat. They also contain vitamin B and a source of vitamin A. Eating one banana a day provides all our daily requirements in potassium. With only about 90 calories per banana, they make the perfect fast food snack.

The colour of a banana's skin is an indication of its sweetness. The more yellow the banana skin, the sweeter it is.

**GREEN** – unripened banana, used in soups and stews.

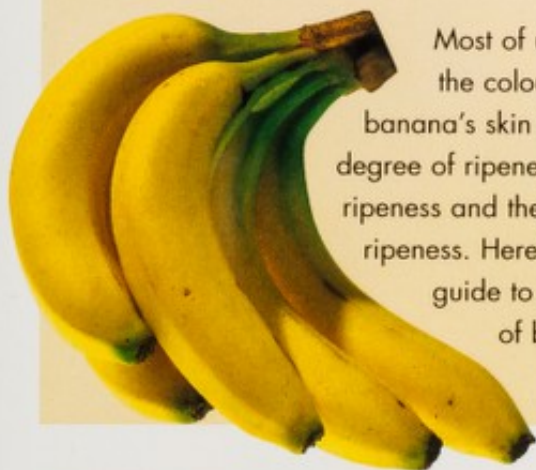
**YELLOW WITH GREEN TIPS** – partially ripe, used for grilling, baking or frying.

**ALL YELLOW** – ripe, eaten raw or in waffles, puddings, cakes or pies.

**YELLOW WITH BROWN FRECKLES** – full ripe, raw or in salad, fruit cup or other dishes calling for uncooked fruits.

**ALL BROWN** – over-ripe, if flesh is firm, still in prime eating condition.

**BLACKENED AREAS** – are bruises. Bananas bruise easily, however not all skin bruises will damage the fruit.



Most of us know that the colour of a banana's skin indicates its degree of ripeness. But there's ripeness and then there's ripeness. Here's a general guide to the use of bananas.

## TAKE 5 A-DAY TO HELP REDUCE YOUR RISK OF CANCER

- Cancer Research UK and Tesco have joined forces to help protect you and your family's long-term health with comprehensive advice on reducing your risk of cancer.
- Poor diet and smoking are two major avoidable causes of cancer.
- Changes to our diet could help prevent around a third of all cancers.
- Vegetables and fruit are particularly good foods to eat to help prevent cancer, as well as protecting against other diseases such as heart disease.
- You should aim to eat at least 5 portions of different fruit and veg every day.

For further information and advice on how 5 a-day can help prevent cancer, visit

[www.cancerresearchuk.org](http://www.cancerresearchuk.org)

CANCER RESEARCH UK



For great ideas on easy ways to get your 5 a-day, go on-line now to

[www.iVillage.co.uk](http://www.iVillage.co.uk)

the most popular women's web site in the UK!

[iVillage.co.uk](http://iVillage.co.uk)

### Key to recipe symbols



Each recipe has a simplicity rating of 1, 2 or 3 chef's hats. Recipes with 1 hat are easy; those with 2 or 3 will require a lot more effort.



Recipes containing nuts, alcohol, honey or unpasteurised cheese – to be avoided by 'at risk' groups. Honey is unsuitable for children under the age of 12 months. Recipes that contain nuts are not suitable for small children who can choke on them.

# Quick and easy serving suggestions

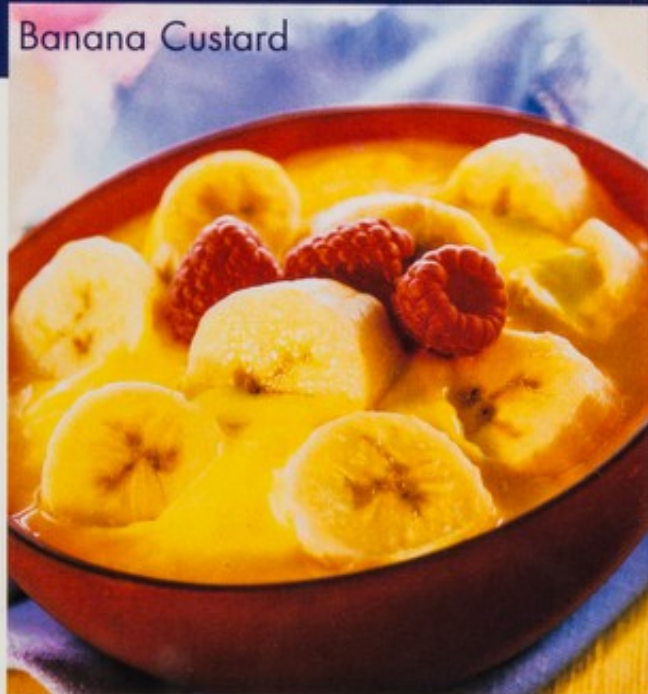
## Why not try...


Chopping a banana into your fruit salad

Mashing a banana onto your toast

Topping your morning cereal with a chopped banana


## Banana Custard



Stir sliced banana into warm custard for a quick and easy banana custard treat. 



## Banana Cream Filling



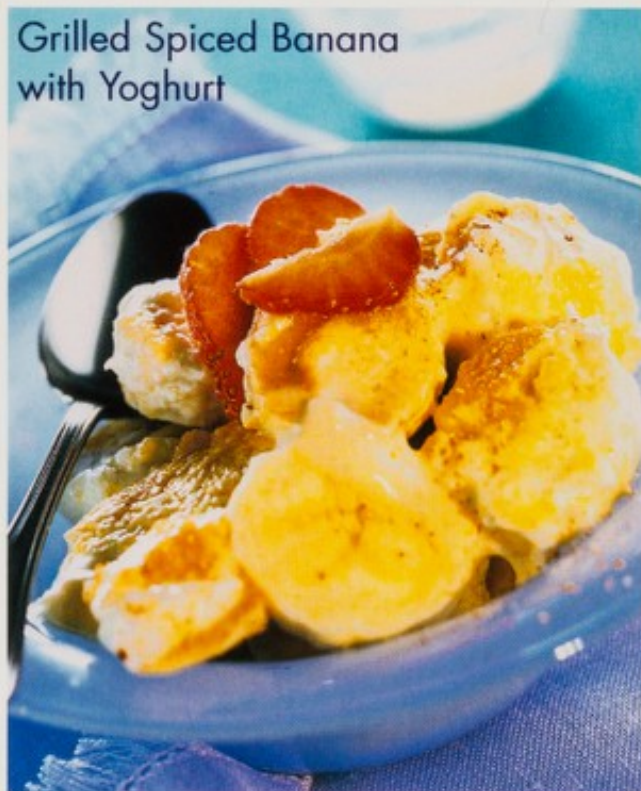
Add mashed bananas to whipped cream for a delicious filling for a Victoria sponge. 


## Banana with Ice Cream and Honeyed Nuts



Another great idea is to split a banana lengthwise and put into a plate with a small amount of vanilla ice cream, pour over warm honey and sprinkle with nuts.  

## Grilled Spiced Banana with Yoghurt



Cut a banana into chunks. Sprinkle with a little brown sugar, mixed spice and low fat Greek yoghurt. Grill until the sugar is melted and bubbly. 

## Bananas – the well-travelled fruit



The banana is a bit of a traveller. It originally came from the Malaysian jungles of Southeast Asia and then migrated to the Indian peninsula, Eastern Africa and the islands of the Pacific.

Bananas play a vital role in the lives of millions of farmers who produce and export them. For many countries, export earnings from bananas are a precious source of revenue.

Tesco currently import bananas from over 11 different countries around the world, including Colombia, Costa Rica, Panama, Jamaica, Cameroon, Ivory Coast, Dominican Republic, Ecuador, Martinique, Belize, Suriname, St Vincent

and the Commonwealth of Dominica. This allows Tesco a greater variety of choice in bananas and contributes to the economic security of these developing countries.

### Tesco Nature's Choice – ensuring quality bananas all year round

Tesco have implemented 'Tesco Nature's Choice' – an integrated crop management scheme which ensures that Tesco suppliers and growers adhere to quality crop management standards.

'Tesco Nature's Choice' has introduced new systems all over the world to reduce the use of water, fertilisers and pesticides. Extensive quality controls are deployed throughout the growing process to help reduce any environmental impact and to ensure only the freshest fruit is delivered to your local Tesco store. All Tesco banana growers are working towards achieving the 'Tesco Nature's Choice' standards.

This is just one of the ways that we can continue to provide the highest quality produce to our customers.

David Williams and Lara Ladipo make up Tesco's banana buying team. As part of their remit, they are continually searching for banana growers around the world to ensure that the best quality bananas are provided to our customers.

