

# NUTRITIONAL INFORMATION

## Dole Premium Cavendish Bananas (fresh)

	<b>AVERAGE QUANTITY PER SERVING</b> Serving size = 1 banana (average 126g)	<b>AVERAGE QUANTITY PER 100g</b>
<b>ENERGY</b>	472 kJ (112 cal)	374 kJ (89 cal)
<b>PROTEIN</b>	1.4g	1.1g
<b>FAT - TOTAL</b>	Less than 1g	Less than 1g
<b>FAT - SATURATED</b>	Less than 1g	Less than 1g
<b>CARBOHYDRATE</b>	28.8g	22.8g
<b>- SUGARS</b>	15.4g	12.2g
<b>DIETRY FIBRE, total</b>	3.3g	2.6g
<b>SODIUM</b>	1 mg	Less than 1 mg
<b>VITAMIN C</b>	11 mg (28% RDI)*	9 mg

\*RDI = Recommended dietary intake. \*Bananas are a Low Glycemic Index (GI) food - GI = 51