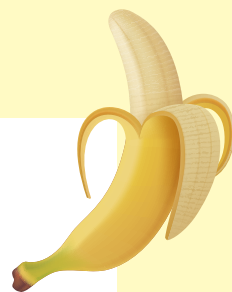




當季蕉點，Q彈美味

Now the Best Season for Savoring Bananas

文圖 | 編輯部



秋冬是一年當中香蕉最好吃的季節，這時天氣轉涼，日夜溫差大，其肉質變得紮實、Q彈，特別可口。香蕉高鉀低鈉含豐富膳食纖維，更是運動前後儲備、補充能量的好幫手，經常可見到運動員在賽間休息時人手一根香蕉，以便迅速恢復體力。上班族若下午昏昏欲睡、有稍許飢餓感，不如將美味的國產香蕉當作下午茶首選，助您元氣飽滿，活力再現。

The best time for savoring bananas falls in fall and winter. It is getting cool and the difference in temperature between day and night is widening, resulting in the flesh of bananas becoming firmer, chewier and tastier. High in potassium, low in sodium and rich in dietary fibers, bananas supply abundant energy. Athletes resort to bananas as a good source of energy. A banana can readily replenish vitality for a hardworking worker.

