

1.4 The Role of Bananas in the Food Industry

Because of their many uses in the food business, in addition to their inherent sweetness and nutritional benefits, bananas are one of the most widely consumed fruits in the world. They are a preferred option for both health-conscious customers and food manufacturers since they are loaded with vital vitamins and minerals, including potassium and vitamin B6 (Wall, 2006).

Bananas are utilised in food processing in a number of ways, including powdered, dried, pureed, and fresh. Numerous products, such as baby meals, snacks, drinks, baked goods, and desserts, contain these variations. Their smoothness improves goods like smoothies, ice creams, and baked goods, and their natural sugars act as a substitute for artificial sweeteners (Ng, 2016). Additionally, in response to the increased demand in the food market for allergen-free and gluten-free options, banana-based goods, including banana flour, have attracted attention as gluten-free alternatives (Aurore et al., 2009).

In addition to being an essential component, bananas support environmentally friendly methods used in the food business. Often thrown away, banana peels are being used more and more creatively in food goods, animal feed, and natural fibres (Emaga et al., 2007). Interest in utilising the full fruit is growing as sustainability emerges as a major concern, with the goal of reducing waste and implementing environmentally beneficial methods (Mendez et al., 2020).

In summary, because of their many product forms, possibilities for sustainable practices, and nutritional advantages, bananas play a significant role in the food sector. Their relevance in the changing worldwide food market is highlighted by their use in both conventional and contemporary culinary applications.