

4.2 Recommendations

Several practical suggestions can be made to assist consumers, legislators, and the agriculture industry in light of the study's findings.

1. Empower Consumers with Information

In order to enable customers to make knowledgeable food decisions, education is essential. Governments, medical experts, and merchants should collaborate to provide easily understood information regarding the advantages of organic produce, such as organic bananas. Emphasising the little but significant nutritional variations and the environmental benefits of organic farming might aid consumers in making a better-informed decision when weighing the benefits and drawbacks. Additionally, this strategy will assist customers in making choices that are in line with their ethical standards and top health concerns.

2. Raise Awareness of Organic Farming

There are quantifiable advantages to organic farming in terms of nutrition and environmental protection. Legislators ought to look into ways to provide organic farmers with more funding, grants, and tax breaks. By offsetting the increased production costs associated with organic farming, such financial support can help lower the price of organic produce for consumers. Governments should also fund research into ways to increase organic farming's efficiency in order to potentially increase yields without sacrificing the benefits of sustainability.

3. Expand Research on Nutritional Profiles

Future studies should expand the focus to include more micronutrients and phytochemicals in organic versus non-organic fruit, even if this one concentrated on a particular set of minerals and antioxidant qualities. Furthermore, longitudinal research comparing the long-term health effects of eating an organic vs a non-organic diet would yield important information for better recommendation-making. It might also yield new insights to look into how various banana cultivars react to organic agricultural methods.