

5.0 CONCLUSION

The impact of organic agricultural practices on the mineral content and antioxidant activity of bananas is better understood with this study. Organic bananas have slight but significant nutritional benefits due to their increased levels of antioxidants, calcium, and magnesium. For consumers who are concerned about their health and the environment, organic bananas are an appealing choice because of these advantages as well as the wider environmental sustainability that organic cultivation fosters.

But non-organic bananas are still quite valuable, especially for people who prioritise availability and affordability. The decision between organic and non-organic produce is primarily based on personal preferences, but both kinds of produce add value to a healthy, well-balanced diet.

The results of this study underline the need for ongoing support for organic farming, consumer education, and research into the long-term health implications of dietary choices, as the demand for sustainable and health-conscious food options grows. We can promote a food system that prioritises accessibility, sustainability, and nutrition in order to make the world's people healthier and the earth more resilient.