

nutritional content. The study backs up the idea that eating food grown organically has advantages for the environment and potential health benefits.

All things considered, this study offers insightful information about the nutritional variations between non-organic and organic bananas. The study highlights the little but noteworthy benefits of selecting organic produce, namely in terms of mineral content and antioxidant activity, for bananas. It also highlights the wider effects of organic agricultural methods on environmental sustainability and human health.

*Keywords: Organic bananas, non-organic bananas, Antioxidant activity, Mineral content, DPPH assay, Magnesium, Calcium, Sodium, Atomic Emission Spectroscopy (AES), Nutritional profile, Organic farming, Free radicals, Environmental sustainability, Food quality, UK supermarkets.*