

LINBROOK, NY, September 17, 2013 /24-7PressRelease/ -- For [Thomas Hoey](#) , providing bananas to the public is an art that many consumers may not even appreciate as they enjoy the unique flavor of this odd, yet incredible fruit. Hoey--owner of the Long Island Banana Corp.--is a proud fruit industry professional who works with his colleagues to produce bananas that are ripened to a point of perfection that offers the best texture and flavor to consumers. However, having proven a seasoned professional of the produce industry, Hoey recognizes that bananas can offer a lot more than a unique flavor, as they provide an extensive array of exceptional health benefits.

Thomas Hoey comments, "Bananas are an odd fruit that do not come in many retail varieties and have a very distinctive taste. While the produce item has become a treasured part of the American--and global--diet, most consumers fail to recognize the incredible health benefits that this fruit can provide to those who consume it on a regular basis."

According to Hoey, one of the commonly-known health benefits offered through bananas is the high amount of energy they can provide through each fruit's dense supply of carbohydrates. However, the energy delivered through bananas is only "the tip of the iceberg" when it comes to nutritional advantages of the fruit, says Hoey. In order to educate the public more about the health advantages of bananas, he points to a recent [article](#) on the subject from Living Green Magazine.

Thomas Hoey notes that many consumers may not be aware of the digestive aiding-elements that are obtained from bananas. For instance, the article explains, "Nowadays, having a healthy tummy is almost synonymous with keeping beneficial gut microbes healthy. Bananas contain a substance called fructooligosaccharide that make stomach-friendly bacteria live much longer lives. The article also states, "...bananas don't really have the capability to eliminate excess acids in the gut. However, they're more than capable of protecting the stomach's lining from the damaging effect of having too much gastric juices."

According to Living Green Magazine routine banana consumption can also prove a great way to boost heart health. The article reveals, "Eating the simple-looking fruit is among the best ways of maintaining a healthy circulatory system. That's because bananas are among the richest sources of potassium and they barely contain sodium."

"While the taste of bananas is reason enough to consume them on a regular basis, the fact that this fruit offers such an expansive array of health benefits should convince every individual to eat them more often. Some may even find that eating a banana a day, could help keep the doctor away," Thomas Hoey concludes.

ABOUT:

Thomas Hoey is a proven business professional whose history extends from a long line of successful fruit merchants. Hoey is currently the owner of Long Island Banana Corp., which specializes in importing bananas--as well as a full of line of other produce items--from Central and South America, to the New York and New Jersey region. This company is known for ripening its produce directly at the Long Island Banana Corp. facility, thus guaranteeing that each piece of fruit is delicious and perfect, ready for the consumer to enjoy.