Abstract

Background: Consumption of green banana flour (GBF) may promote health benefits, such as, decreased appetite, weight loss, glycemic control, intestinal function and lipid profile improvement, aging delay, cancer and heart disease prevention. The aim of this study was to evaluate the effects of green banana flour consumption on anthropometric and biochemical parameters in overweight women. Methods: The glycemic index of flour in the study was determined. The effects of consumption of 20 g of green banana flour/day on weight, body mass index (BMI), blood pressure, waist and hip circumference, body composition, hemoglobin, lipid profile, glucose, insulin, insulin resistance, liver function and energy intake were evaluated in 25 overweight women for 45 days. Results: The glycemic index of the flour under study was classified as low. Reduction (p < 0.05) in systolic blood pressure, hip circumference and fasting glucose levels were found in women who had metabolic syndrome criteria. Conclusions: Consumption of green banana flour (20 g/day) for 45 days did not promote weight loss or changes in body composition in overweight women. It was noted, however, decreased hip circumference. Significant health parameter improvements were also noted in individuals with metabolic syndrome, which showed a reduction in systolic blood pressure and fasting glucose.

Keywords

Musa, Flour, Body composition, Glycemic index, Metabolic syndrome X.