



Bananas are classified either as dessert bananas (meaning they are yellow and fully ripe when eaten) or as green cooking bananas.

Unripe or "green" bananas and plantains are used in cooking and are the staple starch of many tropical populations.

Cooking bananas are very similar to potatoes in how they are used. Both can be fried, boiled, baked or chipped and have similar taste and texture when served. One green cooking banana has about the same calorie content as one potato.

In 2003, India led the world in banana production, representing approximately 23% of the worldwide crop, most of which was for domestic consumption