

Chiquita Banana suggests:



Good health idea: Bananas!



Slice banana into a
jelly sandwich



Split banana and top with
orange sections



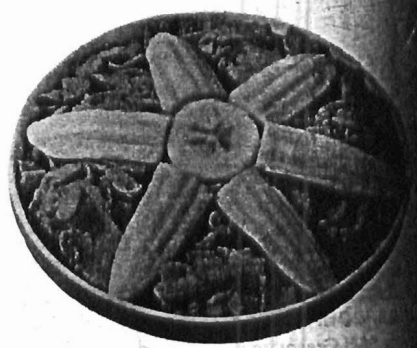
Mash banana and shake
with cold milk



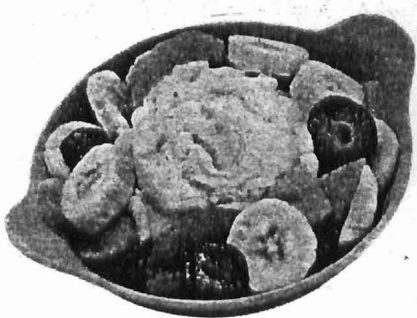
Blend banana with
pineapple juice

**Calorie low!
Vitality high!
Bananas belong in
your daily diet!**

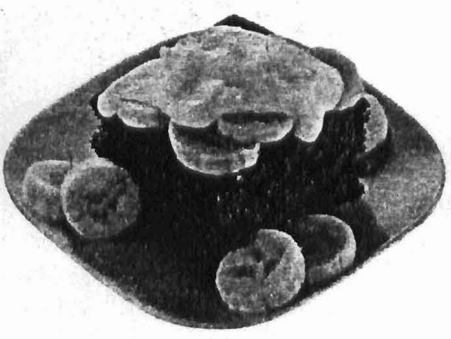
Health and vitality depend on balanced nutrition—and look how *many* vital nutrients you get in one delicious banana: Vitamins A, B₁, B₂, B₆, C, niacin and 12 essential minerals. All this good nourishment for only 88 calories! And bananas have a mild alkalizing action that makes them so easy to digest. There's no time like *now* to start the banana habit!



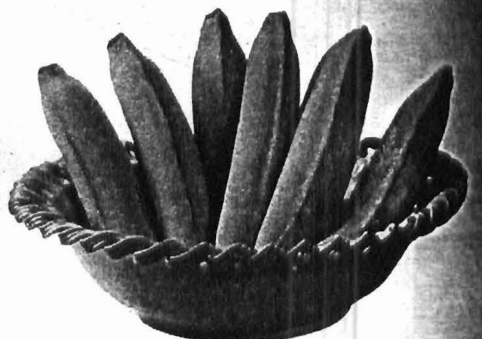
Add banana to your
favorite cereal



Enjoy banana with
your favorite ice cream



Have banana sliced
on gingerbread



Grab banana, peel,
eat and enjoy!

