



Bell Peppers

Health Benefits of Bell Peppers

Bell peppers start out green (immature) but gradually mature into yellow, orange and then red (mature). Ripe peppers (red) are sweeter and less likely to cause burping than green.

1 medium bell pepper or 1/2 cup chopped provides:

- 24 Calories, 1 gm protein, 2 gm fiber, 0 gm fat, no cholesterol

Potential benefits of consuming bell peppers:

- Excellent source of vitamin C (provides >200% DV) & vitamin A in the form of beta-carotene
- Also contain calcium, potassium & vitamin K for heart health, B vitamins & phosphorus for energy, brain function & metabolism
- Carotenoids, flavonoids & phenolic acids work with vitamin C as antioxidants, protecting against inflammation, diseases & aging
- Consume raw with hummus, in salads or on sandwiches. Toss into soups, stews, sauce, rice or burger mixes. Skewer in kabobs or roast with onions & vegetables for a healthy side dish

For more information, visit our website:
www.advancedhealth.com/healthy-bytes-initiative

Brought to you by the HEAL subcommittee of the Coos County Community Health Improvement Plan and these sponsors:

