

[www.advancedhealth.com/healthy-bytes-initiative](http://www.advancedhealth.com/healthy-bytes-initiative)



- 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 and tasty side dish
- Carotenoids, flavonoids & phenolic acids work with vitamin C as antioxidants to protect against inflammation, diseases & aging
- Also contain calcium, potassium & vitamin K for heart health, B vitamins & phosphorus for energy, brain function & metabolism
- Excellent source of antioxidants vitamin C (provides >200% DV) & vitamin A in the form of beta-carotene

**Potential benefits of consuming bell peppers:**

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

**1 medium bell pepper provides:**

### Health Benefits of Bell Peppers



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

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