

Take a green step... 

stepintomygreenworld.com

Bell Peppers

 **cancer fighters**

 **heart health**

 **brain health**

Provide...

antioxidants
vitamin A
vitamin B6
vitamin C
vitamin K
protein
dietary fiber
copper
manganese

Bell peppers have a great variety of cancer-fighting antioxidants.

Bell peppers are packed with antioxidants such as vitamin C and beta carotene. These antioxidants are well known for their ability to destroy free radicals in the body associated with certain cancers. Vitamin C also prevents blood clots which prevents heart attacks and strokes.



Did you know?

Bell peppers are great for your eyes. They contain beta-carotene which helps prevent macular denegeration & cataracts.

Digestion aid

A 1-cup serving of bell peppers provides 2.5 grams of fiber, which is 10 percent of the daily value recommended by the FDA. Fiber is key in eliminating waste and maintaining a healthy digestive system.