Bell Peppers

- Cancer fighters
- Heart health
- Brain health

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

Provide...
- Antioxidants
- Vitamin A
- Vitamin B6
- Vitamin C
- Vitamin K
- Protein
- Dietary fiber
- Copper
- Manganese

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 degeneration & 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.

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