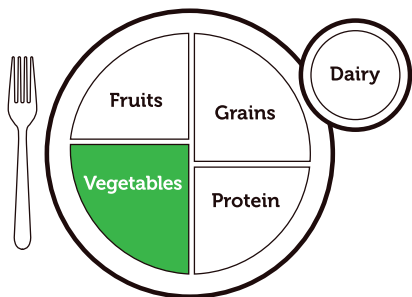




BELL PEPPER

WHAT IS IT

Peppers grow in many shapes, sizes, colors, and flavors from sweet bell peppers to spicy chili peppers.

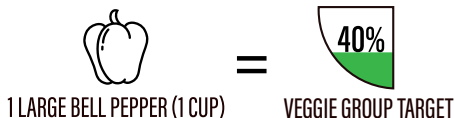
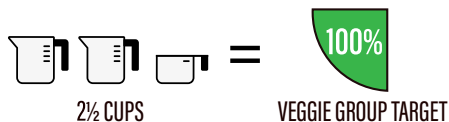


VARY YOUR VEGGIES

Different color peppers have different benefits. Eating a variety of colors throughout the week can help you vary your veggies.





HOW IT FITS INTO MYPLATE

A 2,000 calorie diet has a daily Vegetable Group target of 2½ cups. Add different types of peppers to meals and snacks to reach your goals



To find your food group targets, go to [MyPlate.gov/MyPlate-Plan](https://www.MyPlate.gov/MyPlate-Plan).

FUN FACTS & TIPS

-  Thomas Jefferson grew a variety of peppers at his house in Monticello, VA.
-  Peppers are high in vitamin C—add them to omelets, stir fries, or chili for added flavor.
-  Red bell peppers are simply ripened green bell peppers.
-  For a crunchy and filling snack, try pairing pepper slices with hummus dip.



For more information, go to [MyPlate.gov](https://www.MyPlate.gov).

USDA is an equal opportunity provider, employer, and lender.