

# BELL PEPPER

## *Mild Sweet Capsicum*

Bell peppers - especially varieties that mature into dazzling shades of yellow, orange, and red - are well-known for the carotenoid content, and therefore excellent for eye health. A one cup serving of bell peppers contains over 150% of your daily needs for vitamin C, making peppers an excellent low sugar option for foods that boost immunity and fight allergies.

### **Serving suggestions:**

Raw preparations maintain the highest content of delicate antioxidants  
Finely dice and add to tuna or chicken salads for texture and color  
Dip into hummus, guacamole, or cheese dip in a crudites platter  
Hollow out and fill with beef or bean and rice filling, roast until tender  
Saute with onions and serve a side at your next summer barbecue

### **Nutrition Tip:**

A study from Poland has recently compared differences in carotenoids, flavonoids, phenolic acids, and vitamin C from bell peppers grown using organic standards versus more conventional cultivation methods. Both carotenoids and vitamin C were found to be about 10% higher in the organically grown bell peppers. As with all produce, select organic and natural growing methods to receive the most nutrition from your food.

**ETHICALLY GROWN/RAISED  
PRODUCE, MEAT, AND EGGS  
BY STONYLEDGE FARM**

**BIO-INDIVIDUAL NUTRITIONAL  
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