

KINETIC ENERGY



Health benefits of

BELL PEPPER

SUPERFOOD

26

CALORIES

100 grams

Health benefits

- Prevents iron deficiency anemia
- Helps delay age-related memory loss
- Has blood-sugar lowering effects
- Rich in antioxidants
- Lowers the risk of visual impairments

Nutritional value

- Total fat 0.3g
- Carbohydrate 6.03g
- Protein 0.9g
- Potassium 211mg
- Sodium 2mg
- Fibre 2g
- Sugar 4.2g
- Vitamins A & C
- Calcium & Iron



How to eat them?

- Stuffed
- Salad
- Sandwich



Did you know... bell peppers are produced from a flowering plant and have seeds. They are actually fruits, not vegetables.