



## Green Peppers

- We are a very high source of vitamin C, vitamin E, and vitamin A
  - We improve your vision
- We are an iron-rich food so we improve your blood flow so you can stay active!



**Did you know?**  
**Green peppers**  
are 92%  
water!



**Green peppers**  
are a low calorie  
food with protein  
and  
carbohydrates