



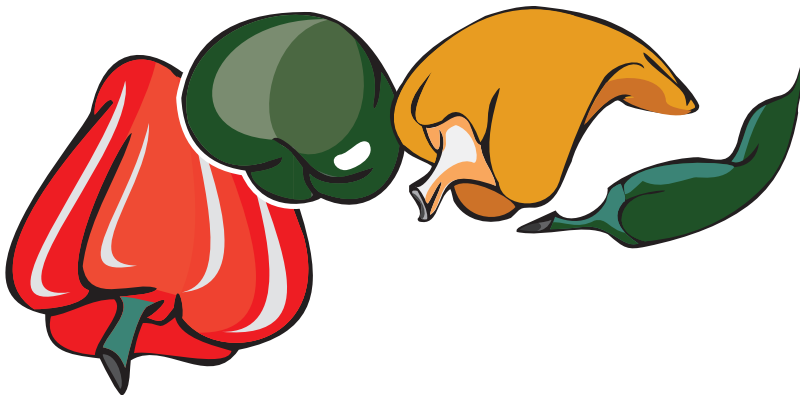
Pick Peppers

Peppers come in many different shapes, colors, and sizes, but they all are packed with vitamins and minerals. Green, red, orange, and yellow bell peppers have a mild, sweet taste and are good sources of vitamin C and fiber. Other crisp, sweet peppers include pimientos, which are red and heart shaped, and banana peppers, which are yellow and shaped like the fruit. Jalapeño and green hot chili peppers pack in flavor and nutrients. They are good for you and taste great!



From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

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