

7 HEALTH FACTS ABOUT

Bell Peppers

1 SUPPORTS EYE HEALTH

Bell peppers contain over 30 different types of carotenoids including alpha-carotene, beta-carotene, and lycopene. Carotenoids are responsible for the bright red, yellow and orange coloring in many fruits and vegetables. Researchers have found that they help heal eyes and ward off eye disease because they absorb damaging blue light entering the eyes.

2 BOOSTS IMMUNITY

Ripening bell peppers maximizes their antioxidants, it also increases the amount of Vitamin C they have in them. One cup of sliced red bell peppers can give you 157% of your daily vitamin C content, making them a great way to stay healthy.

3 HELPS BALANCE MOOD

If you are feeling blue, try to increase the amount of vitamin B6 you consume. Vitamin B6 can be found in bell peppers, and can help your brain produce serotonin and norepinephrine, two chemicals that can affect your mood.

4 ACTS AS A NATURAL SLEEP AID

The B6 vitamin found in bell peppers also aids in melatonin production, which your body needs to regulate its internal clock.

5 PROMOTES HEALTHY SKIN

Bell peppers also contain a high amount of Vitamin E, which helps keep the skin looking fresh and young, and hair strong and vibrant.

6 EASES PAIN

Bell peppers can help alleviate chronic pain in a couple ways. Vitamin C and vitamin K, both found in bell peppers, have anti-inflammatory properties, which reduces swelling and protects against osteoporosis.

7 PROMOTES HEART HEALTH

The anti-inflammatory properties in bell pepper also lowers inflammation in arteries. That means that bell peppers help prevent heart disease and diabetes.

