Peppers are high in Vitamin C—add them to omelets, stir fries, or chili for added flavor.

For more information go to ChooseMyPlate.gov

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**WHAT IS IT?**

Peppers grow in many shapes, sizes, colors, and flavors from sweet bell peppers to spicy chili peppers.

**HOW IT FITS INTO MYPLATE**

A 2,000 calorie diet has a daily Vegetable Group target of 2½ cups. Add different types of peppers to meals and snacks to reach your goal!

**VARY YOUR VEGGIES**

Different color peppers have different benefits. Eating a variety of colors throughout the week can help you vary your veggies.

**FUN FACTS & TIPS**

- Thomas Jefferson grew a variety of peppers at his house in Monticello, VA.
- Peppers are high in Vitamin C—add them to omelets, stir fries, or chili for added flavor.
- Red bell peppers are simply ripened green bell peppers.
- For a crunchy and filling snack, try pairing pepper slices with hummus dip.

To find your food group targets, go to ChooseMyPlate.gov/Checklist