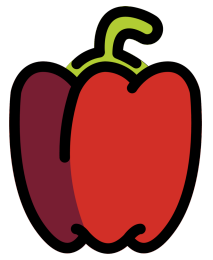





RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

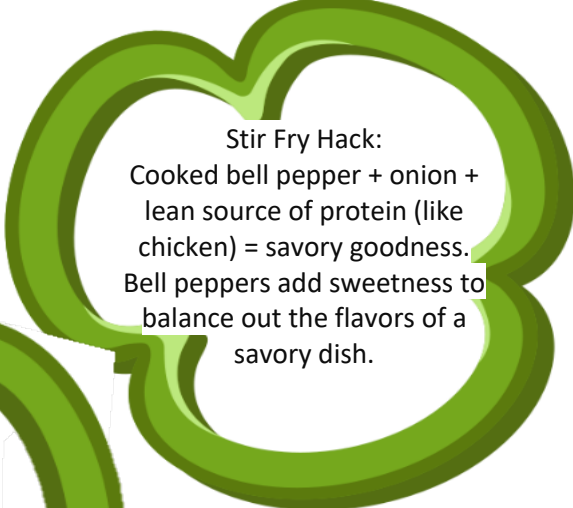
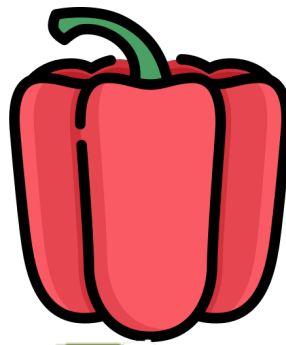


Bell-evate Your Plate


Picture this: you are standing at the salad bar, contemplating how to incorporate more color, crunch, and flavor to your meal. *Ring, ring*—you have been saved by the bellpepper! Bell peppers are available in a variety of colors that can enhance your meals in different ways. Those vibrant colors are not just for show; they indicate how sweet each pepper will be. Green peppers are the least ripe and provide a hint of bitterness when compared to their sweeter red counterparts. Red and green bell peppers share similarities in their nutrition, both contain vitamins A and C, dietary fiber, and antioxidants. Read below to learn more about this versatile vegetable and how you can pepper up your plate by incorporating both red and green bell peppers.



Red bell peppers pack an antioxidant punch! They have nearly 1.5 times the vitamin C and 8 times the amount of beta carotene, compared to their green counterparts.



Stir Fry Hack:
Cooked bell pepper + onion + lean source of protein (like chicken) = savory goodness. Bell peppers add sweetness to balance out the flavors of a savory dish.



Try dipping crunchy green bell peppers from the salad bar into a complementary dressing for a burst of flavor. Liven up your salads with chopped red bell peppers for a touch of sweetness, splash of color, and additional nutrients.

Give bell peppers a ring!

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References: *What is the difference between green, red and yellow peppers?* Available at: <https://extension.msstate.edu/blog/what-the-difference-between-green-red-and-yellow-bell-peppers#:~:text=many%20health%20benefits,-.The%20variety%20and%20amount%20of%20time%20a%20bell%20pepper%20spends,orange%2C%20red%2C%20or%20purple> Accessed on 3/21/2024

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