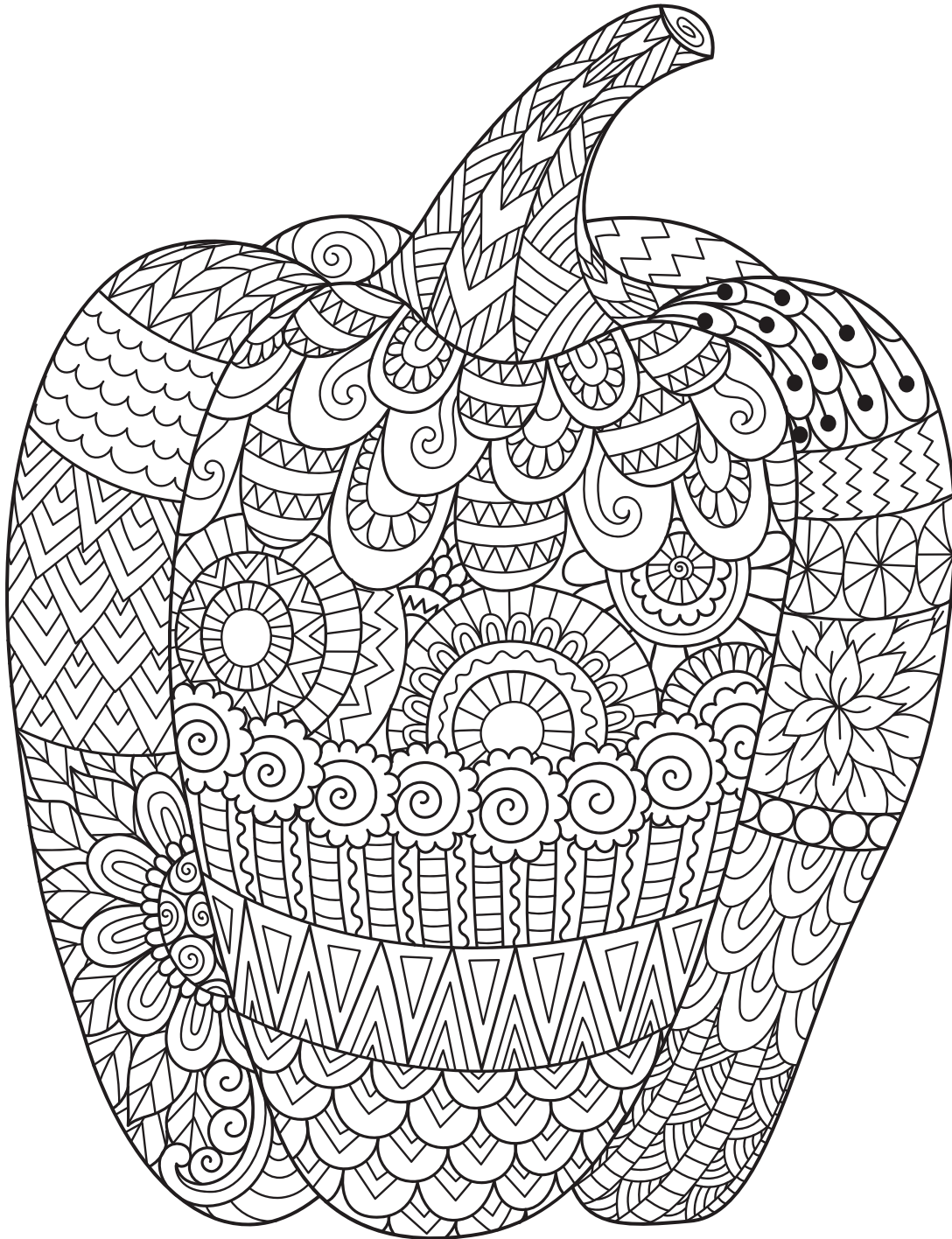


PEPPER



PEPPERS come in a variety of colors, including green, red, orange, yellow, and purple. A single bell pepper has 1.5 times the vitamin C you need every day. Peppers are also good sources of vitamins E and A.