

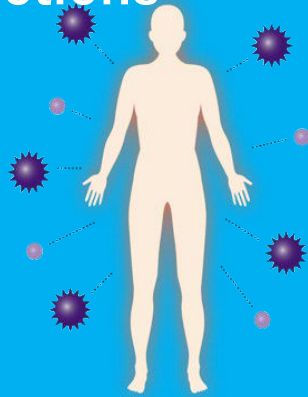
Capsicum

Example of key message:

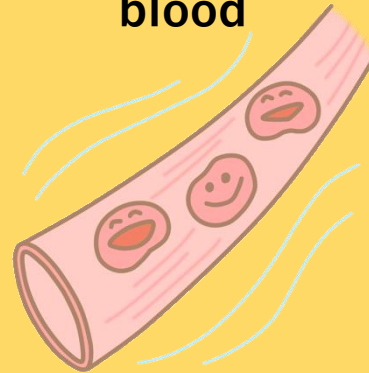


# “Capsicums: A bitter component helps smooth blood’ flow

Protects from  
infections



Promotes smooth  
circulation of the  
blood



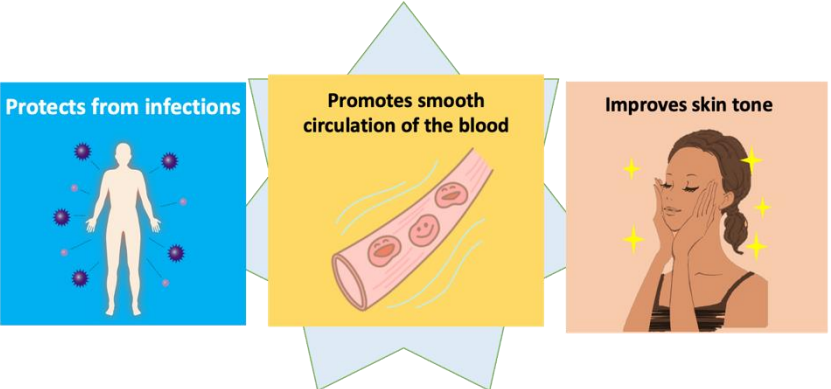

Improves skin  
tone



# Health effects of capsicums

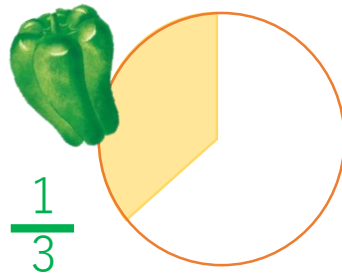
Example of key message:

“**Capsicums:  
A bitter component helps smooth blood flow**”



The diagram consists of three panels arranged horizontally, each with a different background color and an illustration. The left panel has a blue background and shows a human silhouette with several virus-like particles around it. The middle panel has a yellow background and shows a cross-section of a blood vessel with red blood cells and wavy lines indicating flow. The right panel has an orange background and shows a woman's face with her hands on her cheeks and several yellow starburst icons around her face.

One capsicum contains one-thirds of an adult's daily requirement of vitamin C



Why is it good for the skin?



It contains nutrients (vitamin C and beta-carotene) that improve skin condition.



Why does it protect us from infections?



It contains nutrients (vitamin C and beta-carotene) that boost the immune system.



Why is it good for blood circulation?



It contains nutrient (vitamin P [flavonoids] and pyrazine) that help smooth blood circulation.

# Tips for cooking and eating capsicums

Eat with  
seeds and  
flesh



Suitable for  
cooking at  
high  
temperatures



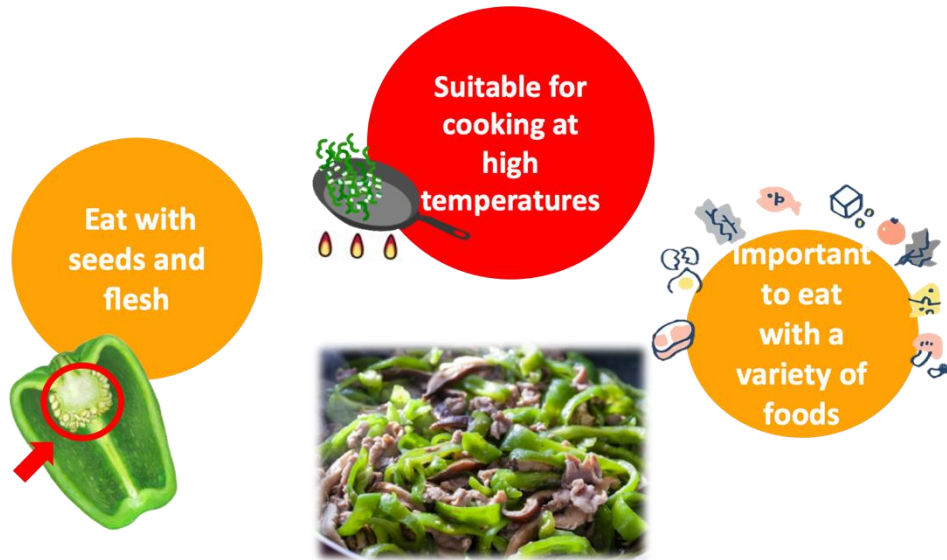
Important  
to eat  
with a  
variety of  
foods



Example

# Tips for cooking and eating capsicums

## Tips for cooking and eating capsicums



Example

Capsicums' vitamin C is resistant to heating.  
Suitable for cooking at heat temperatures. This reduces the bitter taste.

Eat with seeds and flesh. It contains a nutrient (pyrazine) .

Eat a variety of whole (i.e., unprocessed) and fresh foods every day to help obtain the right amounts of essential nutrients.

Eat a combination of different foods, including **staple foods** (e.g., cereals such as wheat, barley, rye, maize, or rice), or **starchy tubers or roots** (e.g., potatoes, yams, taro or cassava), **legumes** (e.g., lentils, beans), **vegetables, fruit, and foods from animal sources** (e.g., meat, fish, eggs, and milk).