

BENEFITS OF VITAMIN C

Vitamin C (ascorbic acid) is a nutrient your body needs to form blood vessels, cartilage, muscle and collagen in bones. Vitamin C is also vital to your body's healing process.

What Is Vitamin C?

Vitamin C is an antioxidant that helps protect your cells against the effects of free radicals – molecules produced when your body breaks down food or is exposed to tobacco smoke and radiation from the sun, X-rays or other sources.

Most people get enough vitamin C from a healthy diet. Vitamin C deficiency is more likely in people who:

- Smoke or are exposed to secondhand smoking
- Have certain gastrointestinal conditions or certain types of cancer
- Have a limited diet that doesn't regularly include fruits and vegetables

Severe vitamin C deficiency can lead to a disease called scurvy, which causes anemia, bleeding gums, bruising and poor wound healing.

Ways to Incorporate Vitamin C

- Add sautéed spinach and other veggies to omelets and eggs.
- Snack on fresh fruits and vegetables.
- Make smoothies with frozen fruit.
- Eat vitamin C-rich sides like sliced fruit with lunch or dinner.

Vitamin C-rich foods help our bodies absorb iron from whole grains, beans, nuts, seeds and vegetables.

What Foods Contain the Most Vitamin C?

Vitamin C is an essential nutrient, which means your body needs it but can't make it on its own. Instead, you have to get vitamin C from the foods you eat – namely, fruits and vegetables.

The following contain loads of vitamin C!

- Citrus fruit
 - oranges, grapefruit, lemons, limes
- Cruciferous vegetables
 - Broccoli
 - Kale
 - Brussels sprouts
 - Red cabbage
 - Cauliflower
- White potatoes
- Red peppers
- Strawberries
- Papaya
- Guava
- Cantaloupe
- Tomatoes
- Kiwi



Drinking fruit juice as a source of vitamin C is not recommended. It is high in sugar without the benefit of fiber.

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