

VITAMIN C

Did you know???



Vitamin C, also called ascorbic acid, is a **powerful antioxidant** that aids the **immune system** and helps **protect tissues from oxidative stress**. Vitamin C plays a role in **building collagen** which gives **structure to your skin, bones and cartilage**. Vitamin C **protects iron from oxidation during digestion, making iron easier to absorb**.

NUTRITIONAL FACTS

FOOD - RAW	QTY	VITAMIN C	DAILY %	CARBS	CALORIES
Papaya	1 cup	158.3mg	175%	23	111
Guavas	1 each	125.6mg	139%	4.9g	37
Mango	1 each	122mg	136%	44.4g	201
Strawberries	1 cup	89.4mg	99%	8.3g	48
Broccoli	1 cup	81.2mg	90%	3.7g	31
Red Capsicum	½ med	76mg	84%	2.3g	15
Brussel Sprouts	1 cup	76mg	83%	4.5g	38
Oranges	1 med	69.7mg	77%	11.9	61
Kiwi Fruit	1 each	64mg	71%	8g	42
Snow Peas	1 cup	58.8mg	65%	4.9g	41