

# Vitamin C

## Sources of Vitamin C

### Best Sources

Broccoli	Oranges
Papayas	Brussel Sprouts
Peas	Cantaloupe
Cauliflower	Strawberries
Grapefruit	Tangerine
Kiwi	Green Pepper



### Good Sources

Asparagus	Grapefruit
Cabbage	Kale
Tomato	Collard Greens
Sweet Potato	Green Pepper

### Fair Sources

Apricots	Pineapple
Avocado	Potato
Bananas	Spinach
Green Beans	Squash-summer
Lima Beans	Watermelon

## Functions of Vitamin C

- Protects the body from illness and infection.
- Promotes the absorption of iron.
- Promotes wound healing.