

# Nutrition



# Spotlight

# Vitamin C



## Benefits of Vitamin C

- ✓ Helps protect our cells from damage. Too much cell damage can cause many types of cancer such as lung, mouth, and neck cancer.
- ✓ Helps keep our heart healthy which helps avoid diseases such as stroke and high blood pressure.
- ✓ The immune system depends on vitamin C to protect our bodies from infection. It also helps wounds heal faster.
- ✓ Including vitamin C in our diet helps decrease cold symptoms such as inflammation, stuffy nose, and body aches.

## Sources of Vitamin C



Broccoli



Bell Pepper



Strawberries



Citrus



Pineapple



Kiwi



Spinach

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