

HIGH VITAMIN C FOODS



RED PEPPERS
117.5mg / Cup



KIWI
167mg / Cup



LEMON
53mg / 100g

@mrsmontgomeryfitlife



ORANGE
95.8mg / Cup



STRAWBERRIES
84.7mg / Cup



BROCCOLI
81.2mg / Cup



DID YOU KNOW?

- Vitamin C enhances the absorption of iron, helps boost the immune system, and promotes healthy skin.
- Vitamin C helps regulate cortisol and can also prevent blood pressure from spiking in stressful situations.
- The daily recommended amount of Vitamin C for adults 19 and over is **90mg** for men and **75mg** for women.

**This information is from the NIH.*