



Nutrition Education



Why is it important?

- Vitamin C is necessary to form blood vessels, cartilage, muscle, and collagen in bones.
- It is an antioxidant that protects our body's cells from damage.
- It supports a healthy immune system. There is evidence that vitamin C can reduce risk of cancer, the common cold and eye diseases.

Sources:

*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3727637/>

<https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/>

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VITAMIN C



A study* on vitamin C showed that maintaining healthy vitamin C levels can protect against age-related cognitive decline and Alzheimer's disease, and the most beneficial way to avoid a vitamin C deficiency is through a healthy, balanced diet.

What is Vitamin C?

Vitamin C is an essential vitamin, and because your body cannot make vitamin C it must come from the food you eat every day.

What Foods Provide Vitamin C?

Fruits and vegetables are the best sources of vitamin C. You can get recommended amounts of vitamin C by eating a variety of foods including the following:



- **Citrus fruits** (such as oranges and grapefruit) and their juices, as well as **red and green peppers and kiwifruit**, which have a lot of vitamin C.
- **Other fruits and vegetables** - such as broccoli, strawberries, cantaloupe, baked potatoes, and tomatoes - which also have vitamin C.
- **Some foods and beverages that are fortified with vitamin C.** To find out if vitamin C has been added to a food product, check the product labels.

How Much Do We Need?

It is recommended that older adults **consume between 75-90 mg of vitamin C per day.**

