



# Nutrition Education

## How to Make a Lunch Reservation

We would love for you to join us for lunch on a regular basis. All you have to do is contact your meal site 24 hours in advance and let them know what day you are interested in coming for lunch.



Information for this handout was obtained from:

The Academy of Nutrition and Dietetics

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## Vitamin C

### What is Vitamin C?

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

### Why is it important?

- ◆ It supports a healthy immune system
- ◆ Aids in wound care
- ◆ Helps with the absorption of iron & folate
- ◆ A great source of antioxidants

### What are good sources of Vitamin C?

- Citrus fruits
- Red and green bell peppers
- Kiwi, strawberries, cantaloupe & tomatoes
- Broccoli, brussel sprouts, & potatoes



### Ways you can easily add more Vitamin C into your meals:

Consider adding strawberries on top of your oatmeal.

Use fresh squeezed citrus such as lemons or oranges instead of salad dressings.

Add spinach and bell peppers to your morning eggs.

### Vitamin C packed salad Recipe :

1 cut orange or mandarin

1 cut and peeled kiwi

1/2 avocado

Toss together. Squeeze lemon juice on top & sprinkle with sliced almonds. Enjoy!