



Nutrition Education



Every Spectrum Meal Includes Vit C

The Vitamin C source is marked on the Spectrum menu with the symbol “+” listed after the food item. Just by enjoying a meal prepared by Spectrum, you are consuming a minimum of 25mg of Vitamin C!

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The Academy of Nutrition & Dietetics

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May 2024

Vitamin C

What is Vitamin C?

Vitamin C, also commonly known as ascorbic acid, is an essential vitamin. Since your body cannot make vitamin C, it must come from the foods you eat every day.

Why is Vitamin C important?

- It supports a healthy immune system and can even decrease the length and severity of cold symptoms
- Aids in wound care
- Maintains healthy bones and teeth such as maintaining healthy gums
- Serves as an antioxidant by fighting free radicals in the body

What are good sources of Vitamin C?

- Citrus fruits (oranges, grapefruit, mandarins, limes, lemons and more)
- Green and Red Bell Peppers
- Tomatoes
- Strawberries
- Broccoli
- Cauliflower
- Brussels Sprouts
- Kiwi
- Pineapple
- Potatoes
- ...and many more!



Did you know...?

Vitamin C helps increase the absorption of iron. This is especially beneficial for vegetarian iron sourced foods. For example, pair a spinach salad with mandarin oranges or strawberries.

