

One Stop Shop on Vitamin C

What is Vitamin C?

The human body is incredibly efficient and capable of doing all sorts of things by itself. However, when it comes to vitamins, food is an essential source. Have you ever been told to drink orange juice when you're under the weather? This is because orange juice is high in vitamin C, which helps to keep us healthy.

Perhaps one of the best known vitamins, vitamin C is widely regarded as an essential nutrient in supporting our immune system health. Vitamin C helps to grow and sustain healthy tissue in the body, like in our muscles, bones, teeth and skin. It's also important for helping the body to fight colds and flu. Vitamin C can be found in citrus fruits, strawberries, kiwis, pineapples, brussels sprouts and broccoli.

Best Benefits

- Healthy Bone Growth
- Skin Health
- Immune System Health

Find it in these Foods

- Oranges
- Lemons
- Kiwis
- Strawberries
- Pineapples
- Brussels Sprouts
- Broccoli
- Tomatoes
- Potatoes

Get up and Go Green Smoothie Recipe

(Serves 4)

Ingredients:

- 2 cups low-fat milk
- 2 cups spinach leaves
- 1 banana, peeled and sliced
- 2 kiwis, peeled and halved
- 3 ice-cubes

Method:

1. Place all of the ingredients into a blender and blend until smooth and creamy.



Check out
layasupertroopers.ie
for more fun tips
and activities!