

Vegetables – our vitamin C bodyguards

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We Are What We Eat: Pay The Farmer Not The Pharmacy

- July 23, 2020
- MEERA & ASHOK VASUDEVAN
- SEASON 1
- EPISODE 23

1. [Vegetables - our vitamin C bodyguards](#)

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When we think of Vitamin C, let's imagine vegetables, not supplements. It (Ascorbic acid) is arguably the most familiar of all vitamins. Just a tiny amount daily, this antioxidant, apart from building immunity & fighting infections also helps form bone cartilage, blood vessels & muscles. Green peppers, potato, broccoli, brussels sprouts, cauliflower and lemon are all Vitamin C rich vegetables. Vitamin C also helps absorb & store iron. The next time you have iron rich fruits & vegetables, squeeze some lime.

Find out more at <https://umaglobalfoods.com/blog/>