



MobileMarket

COVID-19 + VITAMIN C

Vitamin C helps the body's immune system by stimulating the activity of white blood cells. White blood cells protect you against illness and disease. These cells flow through your bloodstream to fight viruses, bacteria, and other foreign invaders that threaten your health.

Our bodies don't make vitamin C, we need to get it from external sources. Vitamin C can be found in both fruits and vegetables. If you're unable to obtain vitamin C from food, supplements can make up the difference.



Vitamin C source	Serving	Milligrams
Orange juice	$\frac{3}{4}$ cup	93
Grapefruit juice	$\frac{3}{4}$ cup	70
Cooked broccoli	$\frac{1}{2}$ cup	51
Strawberries	$\frac{1}{2}$ cup	49
Baked potato	1 medium	17
Cooked spinach	$\frac{1}{2}$ cup	9
Cooked frozen peas	$\frac{1}{2}$ cup	8

THE MINIMUM RECOMMENDED DIETARY ALLOWANCE (RDA) FOR MEN IS 90 MILLIGRAMS PER DAY AND 75 MG FOR WOMEN



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