

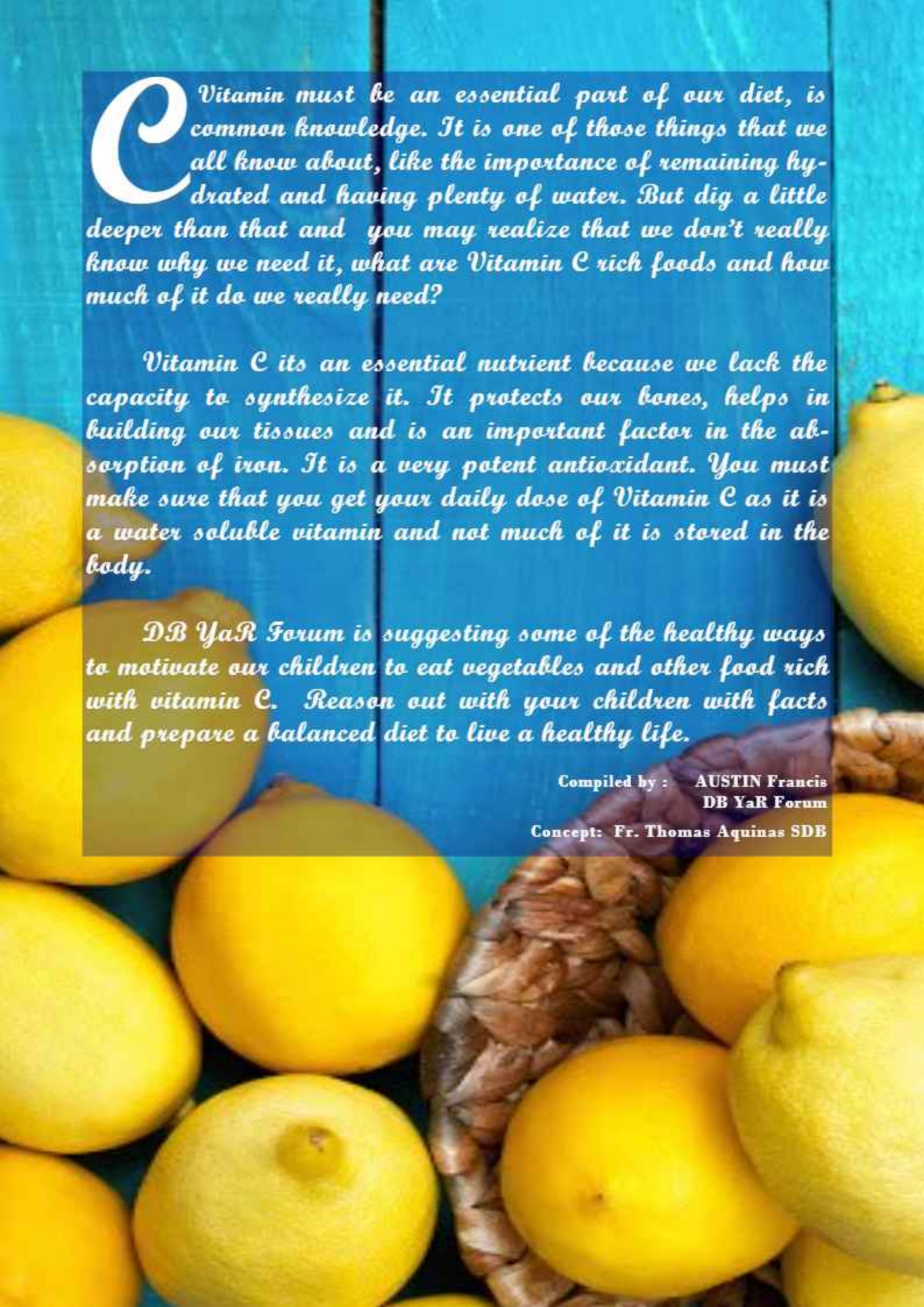
UNLOCK WIZARD

COVID
CCI
SPECIAL
19



Food tastes better when you eat it with your family

#38
ENGAGE
Series



C Vitamin must be an essential part of our diet, is common knowledge. It is one of those things that we all know about, like the importance of remaining hydrated and having plenty of water. But dig a little deeper than that and you may realize that we don't really know why we need it, what are Vitamin C rich foods and how much of it do we really need?

Vitamin C its an essential nutrient because we lack the capacity to synthesize it. It protects our bones, helps in building our tissues and is an important factor in the absorption of iron. It is a very potent antioxidant. You must make sure that you get your daily dose of Vitamin C as it is a water soluble vitamin and not much of it is stored in the body.

DB YaR Forum is suggesting some of the healthy ways to motivate our children to eat vegetables and other food rich with vitamin C. Reason out with your children with facts and prepare a balanced diet to live a healthy life.

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DB YaR Forum

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Benefits of Vitamin C

1



Prevents Scurvy

Vitamin C supplementation is able to prevent and treat a severe form of vitamin D deficiency called scurvy.

2



May Shorten the Common Cold

Vitamin C may shorten the amount of time you have the common cold.



3



Boosts Iron Absorption

Vitamin C has been shown to increase iron absorption, which is required for the production of red blood cells.

4



Decreases Urinary Tract Infections

Vitamin C inhibits the growth of bacteria, which can cause UTIs.

5



May Reduce Cataract Risk

Animal and human studies have shown that vitamin C may reduce the risk of developing cataracts.

6



Reduces Muscle Soreness from Exercise

Vitamin C is a potent antioxidant, which may help to reduce muscle soreness and damage.



7



Reduces Wrinkles

Found in many beauty products, science supports vitamin C's ability to reduce wrinkles and skin damage.

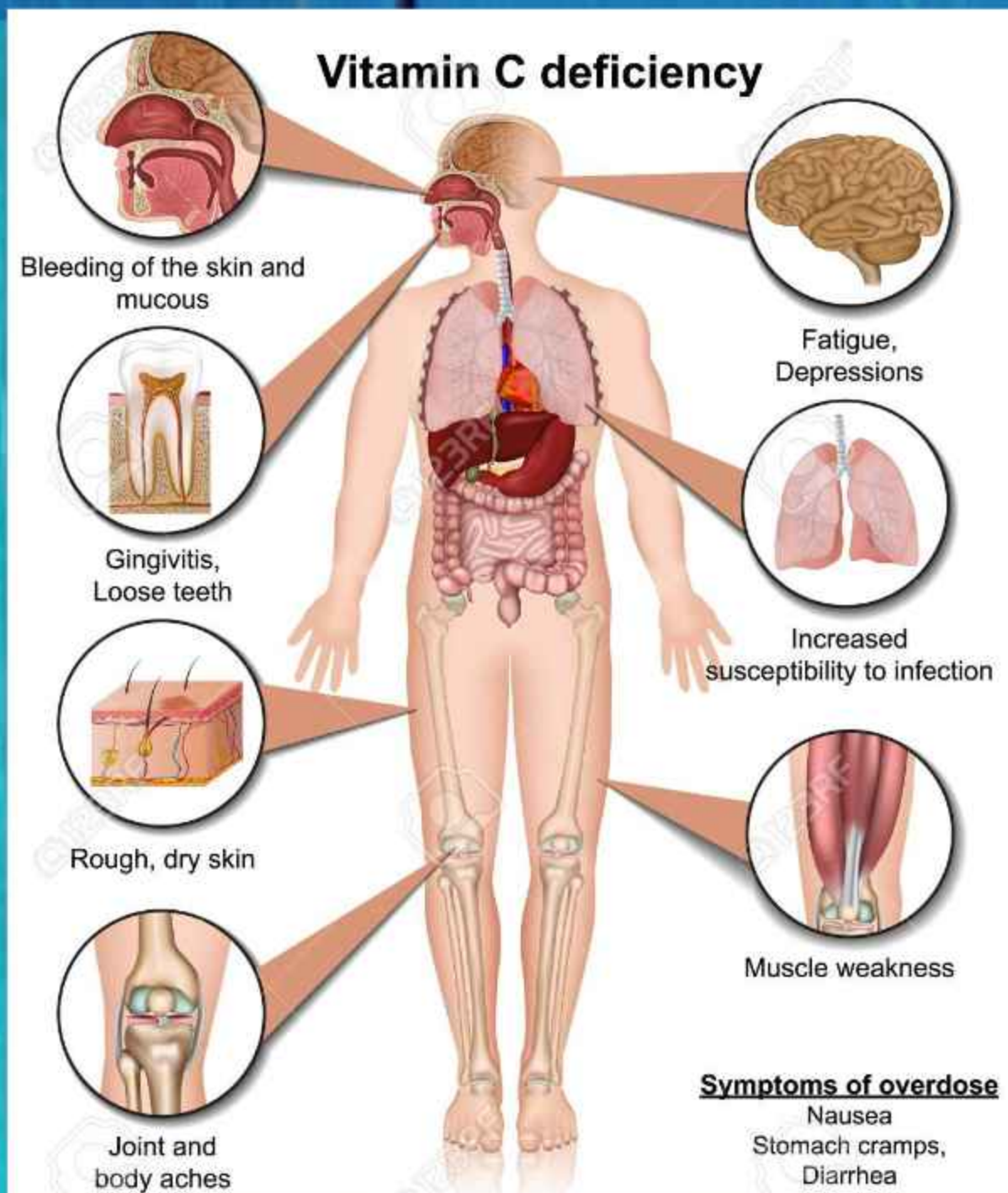
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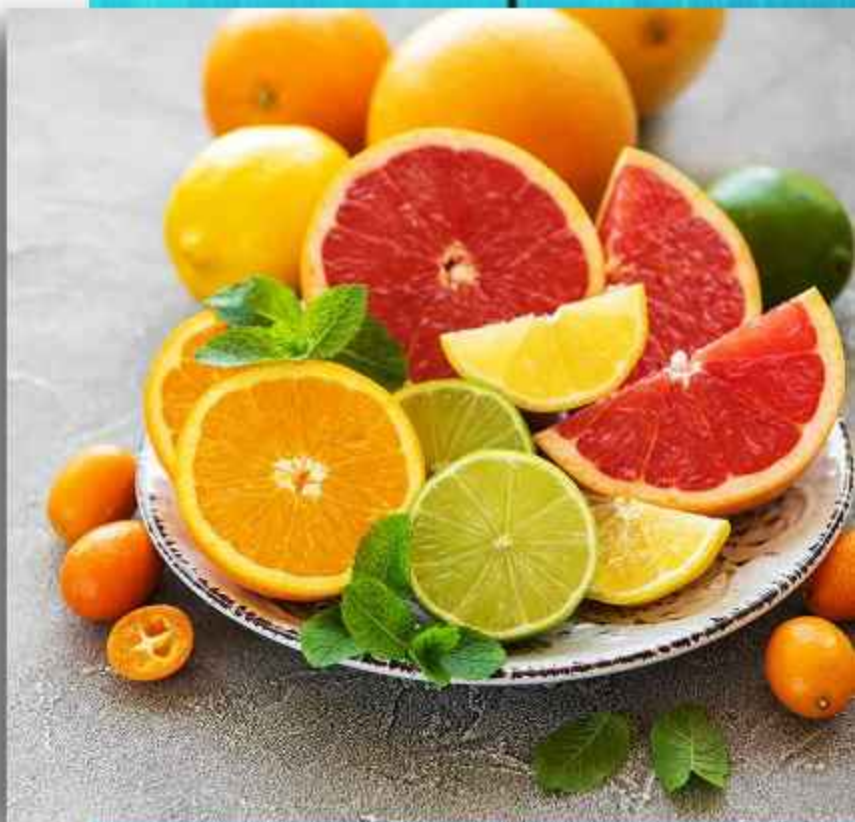
Increases Calcium Absorption

Vitamin C may increase intestinal absorption of calcium making it a bone-building benefit!

Persistent lack of **Vitamin C** in your diet can lead to a condition called scurvy. Symptoms of scurvy include easy bruising, easy bleeding and joint and muscle pains. **Vitamin C** deficiency can be treated with supplements of **Vitamin C** and a diet **rich in Vitamin C**.



Citrus Fruits :
The most common source of Vitamin C is citrus fruits. It is said that one lime or orange per day may be enough for one to get their required dose.



Prevention of Scurvy :
Though it is a rare disease now at one point, Scurvy was a real threat and common amongst sailors who spent long periods of time at sea. When the fresh produce ran out, the sailors suffered Vitamin C deficiency which led to Scurvy.

Vitamin C





Strawberries: A bowl of strawberries and cream may be sinful but it is also packed with Vitamin C

Collagen: Vitamin C helps in the production of collagen, which literally keeps us 'intact'. Patients suffering from Scurvy, lose teeth, the strength in their bones, etc.



S treatment of common cold: Known to boost immunity, this is the most well-known benefit of Vitamin C. Though it may not help prevent cold, it can reduce the severity of symptoms and shorten the duration of the same

Bell Peppers: Whether you are baking an Italian casserole or tossing vegetables in an Asian stir-fry, make sure to add bell peppers for your Vitamin C kick.

Papaya: Just half a cup of papaya can give you enough of the vitamin for the entire day. It's many other benefits are additional motivation to have the fruit.




Absorption of Iron: Vitamin C aids the absorption of iron in the body. Thus, one should try to pair iron-rich foods with those packed with Vitamin C to get the maximum benefit. The vitamin transforms iron into a state which is more easily absorbed by the intestines.



B *roccoli:* This wonder vegetable is a storehouse of benefits. Packed with Vitamin C, include it in your salads

A *ntioxidant:* In layman terms, an antioxidant helps keep harmful chemical reactions within our body in check. These reactions can do damage to our eyes and many other things. Antioxidants act as a neutralizer and help the body maintain status quo.





***T**omatoes: Eaten raw, tomatoes have plenty of the vitamins. Eat them plain or toss them in a salad, add them into sandwiches or burgers, tomatoes are the most versatile fruit to eat.*

***B**rain Health:
Surprisingly
Vitamin C
helps in making neurotransmitters that carry commands, thoughts and feelings through the nervous system.*

TOP 10 FOOD WITH THE HIGHEST VITAMIN C

1



PAPAYA

224 % DV
per 1 medium size

6



PINEAPPLE

105 % DV
per 1 cup

2



BELL PEPPER

157 % DV
per 1 cup

7



ORANGE

93 % DV
per 1 medium size

3



BROCCOLI

135 % DV
per 1 cup

8



KIWI

85 % DV
per 1.2 inches size

4



BRUSSELS SPROUTS

129 % DV
per 1 cup

9



CANTALOUPE

78 % DV
per 1 cup

5



STRAWBERRY

113 % DV
per 1 cup

10

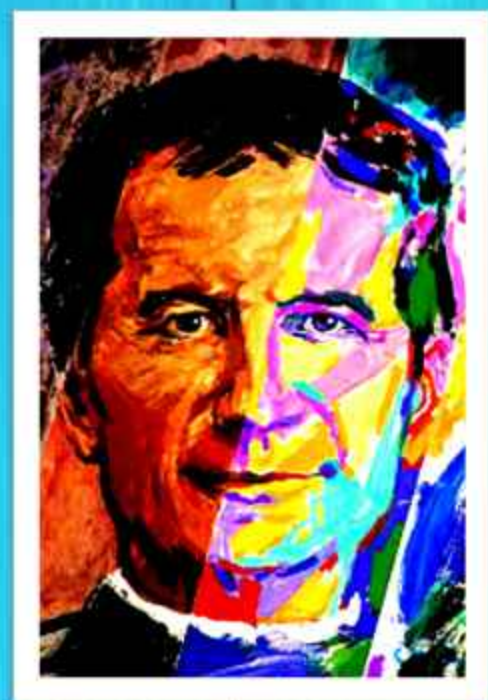


CAULIFLOWER

78 % DV
per 1 cup

wet market
LET'S TALK ABOUT FOOD

(Click here to view)



*“By means of affection,
gain the heart of the
Youth”*

DON BOSCO

**Don Bosco National Forum for the Young at Risk
New Delhi**



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