

10 Foods That Are Good Sources of Vitamin C



If you want to support a healthy immune system this season, make sure your diet includes plenty of natural vitamin C. This powerful antioxidant plays a central role in the repair and regeneration of tissues, helps protect cells throughout the body, and may support healthy immune function.

Good food sources of vitamin C that are abundant and can be enjoyed all year long include:

1. Broccoli
2. Cantaloupe
3. Papaya
4. Kale
5. Kiwi
6. Cauliflower
7. Red Bell Peppers
8. Pineapple
9. Pink Grapefruit
10. Strawberries

Note that red bell peppers and strawberries are both on the Environmental Working Group's Dirty Dozen list, and should be sourced organically.