

Did You Know...



Vitamin C is a powerful antioxidant that helps boost immunity and fight infections



Red Bell Pepper (1/2 cup, raw) = 95 mg



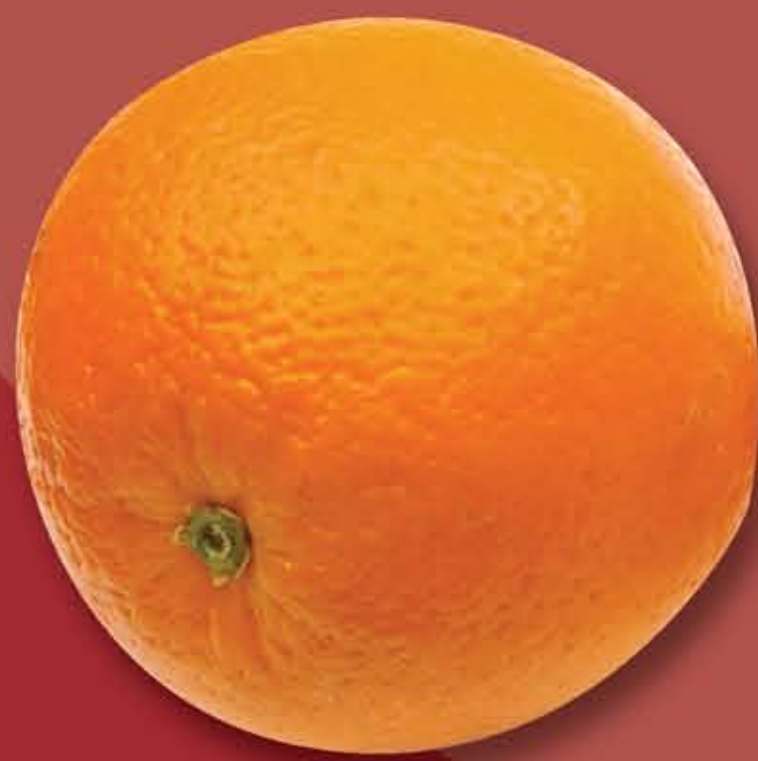
Orange Juice (3/4 cup) = 75 mg



Strawberries (1 cup) = 89 mg



Green Peppers (1/2 cup, raw) = 60 mg



Whole Orange (1 medium) = 64 mg



Broccoli (1/2 cup, raw) = 41 mg

The Recommended Daily Allowance (RDA) is 75 mg per day for women (65 mg per day for adolescent girls) and 90 mg per day for men (75 mg per day for adolescent boys)

Source: USDA Nutrient Database for Standard Reference