**Five foods which are rich sources of vitamin C**

Vitamin C is a type of vitamin that we need to have in our diet. We also know vitamin C is extremely important for your body because it has a variety of uses. From keeping sickness at bay to nurturing a healthy heart and even stimulating the production of other proteins like collagen, natural vitamin C is a need. Well, don’t worry; we’ve got you covered.

So, here are the five foods: rich sources of vitamin C

**Citrus**

Citrus fruits like oranges, lemons, grapefruit, limes, and tangelos are some great sources of vitamin C. Citrus fruits are full of vitamin C, which helps in repairing and protecting the body from free radicals. Citrus fruits are also high in antioxidants and calcium, both of which are necessary for a healthy immune system. Citrus is a good option if you are looking for vitamin C-rich foods to include in your diet.

**Guava**

Guavas are a rich source of vitamin C. They are low in calories and high in vitamin C, which is an important nutrient for your body. It is a very beneficial fruit, and many studies have shown that it can lower blood sugar levels and boost heart health. In terms of vitamin C, there is plenty to be found. In fact, there is 130 mg of the mineral in just one guava. That’s more than triple what you need on a daily basis!

**Strawberries**

Strawberries are high in vitamin C, a nutrient that many people need to stay healthy. Delicious, red strawberries may look small, but they do lots of good. In 100 g of fruit, there is almost 60 mg of vitamin C. They have lots of other vitamins as well as fibres and antioxidants. Strawberries also protect your heart and are a source of good cholesterol for your body.

They are low in calories, so you can add them to almost any diet and even make some tasty desserts with them! Frozen or straight from the farm, they are a sweet addition to any dinner table.

**Papaya**

You’ve probably heard that papaya creates lots of heat in your body, but it is filled with vitamin C. You can get your daily dose of vitamin C with just one cup. Not only that, but papaya can have some anti-inflammatory effects on your brain.

This is because it is such a vitamin C-rich food. One study saw improvement in people with Alzheimer’s when they were given papaya extract. This could be because vitamin C affects the brain’s memory and retention capacity.

**Cantaloupe**

Cantaloupe is one of the best vitamin C foods. It has a small seed that contains a lot of nutrients. One serving of cantaloupe contains over 500% of the daily recommended value for vitamin C.

It also contains significant amounts of beta carotene and lycopene. Cantaloupe is a refreshing fruit with rich vitamin C content. Other fruits that are high in vitamin C are strawberries, kiwi, acai berries and oranges.