



# EATING 101 RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM  
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health



## Squeezing the Benefits of Vitamin C

Cold and flu season is here, which means you may already be familiar with vitamin C through attempts to alleviate your symptoms. But what do you really know about this powerful water-soluble vitamin? Benefits of vitamin C range from promoting healthy aging to improving the absorption of non-heme iron. However, it is most known for its role in supporting a healthy immune system. It may not keep you from catching a cold, but there is some evidence that boosting intake of dietary and supplemental vitamin C may decrease the length of cold symptoms by one to one-and-a-half days! Vegetarians and plant-food enthusiasts will be happy to hear that vitamin C improves the absorption of non-heme iron, the type of iron found in plant foods. Since your body cannot make vitamin C, it is important to incorporate it in your diet. Next time you are at a dining facility, use these suggestions below to zest up your meals and pack a punch of vitamin C.



Citrus fruits including oranges, lemons, and grapefruits are excellent sources of vitamin C. Next time you are at the dining hall, enjoy a grapefruit by slicing it in half and using a spoon to scoop out the segments, take an orange for an on-the-go snack for later, or spritz your salad with lemon juice.



Red, orange, yellow, and green bell peppers are also excellent sources of vitamin C. For breakfast, try adding chopped bell peppers to your omelet. For lunch, adding raw peppers to your salad can create a satisfying crunch. And for dinner, bring a plethora of peppers to the stir-fry cook-to-order station to add a vitamin C boost to your meal.



Cruciferous vegetables such as broccoli, brussels sprouts, and cauliflower also contain high amounts of vitamin C. Incorporate these veggies into your diet by adding them to your cook-to-order pasta. Enjoy roasted broccoli or Brussels sprouts as a side while available on the entrée line. In the mood for something crisp? Try including broccoli or cauliflower in your salad.

### *Orange you glad you read this?*

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References: *How Vitamin C Supports a Healthy Immune System*. Available at: <https://www.eatright.org/health/essential-nutrients/vitamins/how-vitamin-c-supports-a-healthy-immune-system> Accessed on: Oct 19, 2023. *Vitamin C*. Available at: <https://www.hsph.harvard.edu/nutritionsource/vitamin-c/>. Accessed on: Oct 19, 2023. *Vitamin C*. Available at: <https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/>. Accessed on: Oct 19, 2023.

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