

## **FOODS RICH IN VITAMIN C**

Despite the widespread availability of Vitamin C rich foods, scurvy is still seen in the mentally ill or elderly who cannot look after themselves and people on fad diets.

- Broccoli
- Carrots
- Capsicum
- Cobs of corn
- Apples
- Oranges
- Spinach
- Iceberg lettuce
- Bananas
- Bok choy
- Squash