



Vitamin C Tidbit

What vitamin do you associate with oranges and other citrus fruits?

That's right, Vitamin C! Citrus fruits are rich in vitamin C, but did you know that strawberries, mangoes, red and green peppers and tomatoes are also sources of vitamin C?

Vitamin C helps heal cuts and wounds and also keeps your gums healthy.

Think about variety when you strive for your 5 A Day!

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

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