

VITAMIN C BENEFITS, SOURCES & DEFICIENCY

Ascorbic acid, or vitamin C, aids in many functions of the body, including the absorption of iron. Large doses of C do not usually cause toxicity because, as a water-soluble vitamin, which means that what is not needed it is simply excreted in the urine. People who tend to form kidney stones may find their condition aggravated by vitamin C supplementation or megadosing.

RDA: 60 mg | Water-soluble Vitamin

BENEFICIAL FOR

- ✔ Promotes a healthy immune system
- ✔ Helps wounds heal
- ✔ maintains connective tissue
- ✔ aids in the absorption of iron

FOOD SOURCES OF VITAMIN C

Citrus fruits, green peppers, strawberries, tomatoes, broccoli and sweet and white potatoes are excellent food sources of Vitamin C (ascorbic acid).



VITAMIN C DEFICIENCY

Chronic, severe deficiency of vitamin C results in scurvy, which is characterised by haemorrhages and abnormal bone and dentine formation. The adverse effects of more mild degrees of vitamin C deficiency are not known. The body's pool of vitamin C can be depleted within 1-3 months. People suffering with vitamin C deficiency may also have other vitamin deficiencies and malnutrition.



Sweet Potato & Black Bean Chili

- - 1 tablespoon plus 2 teaspoons extra-virgin olive oil
 - 1 medium-large sweet potato, peeled and diced
 - 1 large onion, diced
 - 4 cloves garlic, minced
 - 2 tablespoons chili powder
 - 4 teaspoons ground cumin
 - ½ teaspoon ground chipotle chile (see Note)
- - ¼ teaspoon salt
 - 2½ cups water
 - 2 15-ounce cans black beans, rinsed
 - 1 14-ounce can diced tomatoes
 - 4 teaspoons lime juice
 - ½ cup chopped fresh cilantro

Directions

- Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.