

FSSAI Recommends 6 Foods Rich In Vitamin-C To Boost Immunity

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Immunity-boosting foods are essential at a time like this when one needs to boost their immunity amidst a pandemic. Experts too have stressed the need to consume foods rich in nutrients to keep the novel coronavirus and other illnesses at bay.

It is true that foods rich in Vitamin C can help one improve immunity levels and the same has been reiterated by the Food Safety and Standards Authority of India (FSSAI) recently as the food regulatory body suggested that some of these plant-based foods must be included in one's diet.

The Food Safety Regulator took to twitter to pass on the message to people on the microblogging website. Here is a list of Vitamin C rich health foods that can help boost immunity:

- 1) Amla: Researches have shown that the Indian Gooseberry helps improve blood fluidity and reduces biomarkers of oxidative stress.
- 2) Oranges: These are known to have a low Glycemic Index (GI) and are a good source of fiber, vitamins, and minerals like thiamine, folate, and potassium.
- 3) Papaya: Papaya is also a good source of fiber, and low in calories. It detoxifies the body and eases bowel movement helps prevent digestive disorders like bloating and upset stomach.
- 4) Capsicum: These bell-shaped peppers are highly rich in vitamin C and other antioxidants, alongside vitamins E and A, fiber, and minerals. Studies have shown that it improves eye health due to the presence of antioxidants and prevents anaemia.
- 5) Guava: Guavas are rich in potassium and fiber; they improve blood sugar levels and boost heart health. Guavas relieve painful symptoms of menstruation like cramps too.
- 6) Lemon: Lemons are known to help with weight loss, improve heart and digestive health. The citric acid in lemon helps prevent kidney stones.