

Now that flu season is upon us, it's time to boost that immune system! Adding just 1/2 tablespoon of lemon juice to each of your 8 daily cups of water provides nearly 20% of the daily value for vitamin C.

Vitamin C is a major antioxidant that not only fights heart disease and boosts immunity, but also helps form the collagen we need to heal tendons, ligaments, bones, and blood vessels. Add lemon wedges to your tea, seltzer, or other beverages. The juice of two medium lemons is enough to get your daily vitamin C quota. The fresh juice offers almost twice the C of bottled varieties, without the added sugar and calories.

Remember that Vitamin C is a water soluble vitamin, and can be safely taken as a supplement in excess of the USDA's recommended daily value.

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