



## VITAMIN C

Reprinted 1982 for Virginia EFNEP.

348-180

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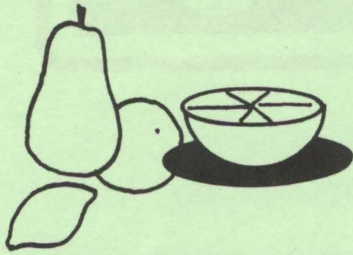
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**VITAMIN C** keeps many parts of your body in tip-top shape. Blood vessels, gums and skin all need vitamin C. Your children's teeth and bones need vitamin C to grow strong and hard. Vitamin C also is important for resisting infection and healing wounds.



**You do not need VITAMIN C pills!**

It is easy to get enough **VITAMIN C** every day by eating some of the many foods that contain it. Just 1/2 cup of orange juice gives you the amount you need.



**CITRUS FRUITS** like oranges, lemons, grapefruits and tangerines are excellent sources of **VITAMIN C**.

**OTHER EXCELLENT VITAMIN C SOURCES**



- Broccoli
- Peppers, Red/Green
- Collards
- Cantaloupe
- Bean Sprouts

- Papaya
- Mango
- Cauliflower
- Greens



**GOOD SOURCES OF VITAMIN C**



- Strawberries
- Potatoes
- Watercress
- Turnips

- Tomatoes
- Cabbage
- Spinach
- Okra



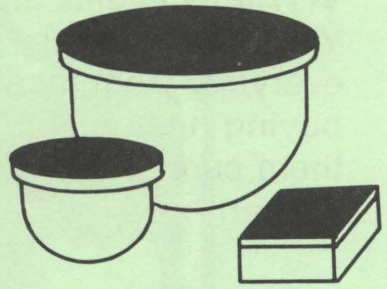
Every day eat a serving from the Excellent list or 2-3 servings from the Good list,

What **VITAMIN C** food did you eat today? **STAR** the **VITAMIN C** foods that you have in your kitchen.



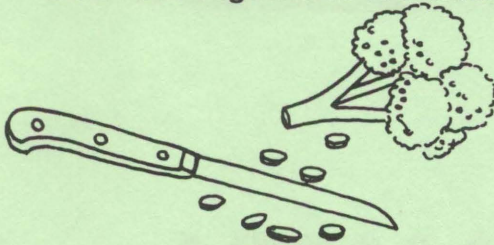
The amount of **VITAMIN C** you get from foods depends on how you store and cook those foods.

**VITAMIN C** is destroyed by oxygen in the air; so store foods in air-tight containers if they don't have skins as oranges and tomatoes do.

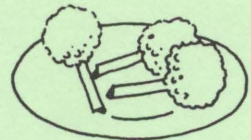


When a food sits in water, vitamin C escapes into the water. Serve foods raw or cook them in a little water or steam them.

*Don't cut vegetables too small!*



**NO!**

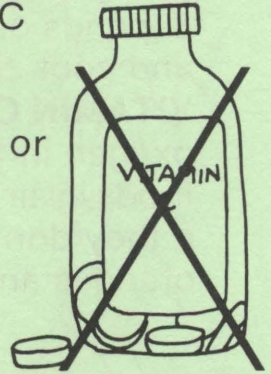


**YES!**

**INFANTS** get enough vitamin C from breast milk or commercial formula. When your baby switches to cow's milk (after at least 6 months old) he or she will need another source of vitamin C. Fruit juices are a good source for babies. Strained unsweetened juice like orange or apple juice fortified with vitamin C are good choices.

## **VITAMIN C pills are expensive and unnecessary!**

You can easily get plenty of vitamin C everyday from meals and snacks by buying high vitamin C foods, storing them carefully and serving them raw or properly cooked.



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Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, and September 30, 1977, in cooperation with the U. S. Department of Agriculture. Mitchell R. Geasler, Dean, Extension Division, Cooperative Extension Service, Virginia Polytechnic Institute and State University, Blacksburg, Virginia 24061; M. C. Harding, Sr., Administrator, 1890 Extension Program, Virginia State University, Petersburg, Virginia 23803.