



VITAMIN C

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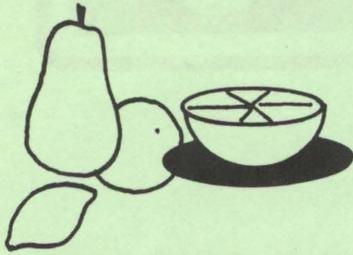
VITAMIN C keeps many parts of your body in tip-top shape. Blood vessels, gums and skin all need vitamin C. Your children's teeth and bones need vitamin C to grow strong and hard. Vitamin C also is important for resisting infection and healing wounds.



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

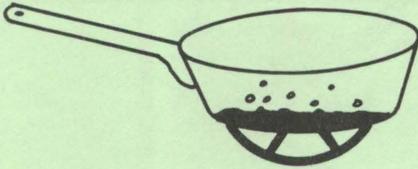
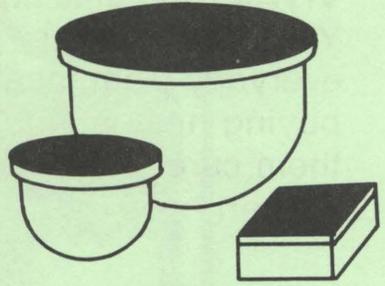


Every day eat a serving from the Excellent list or 2-3 servings from the Good list,

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

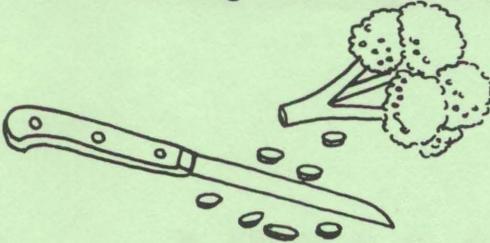
The amount of **VITAMIN C** you get from foods depends on how you store and cook those foods.

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.

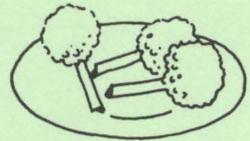


When a food sits in water, vitamin C escapes into the water. Serve foods raw or cook them in a little water or steam them.

Don't cut vegetables too small!



NO!

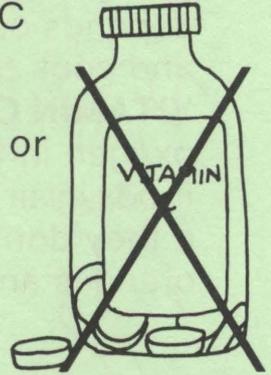


YES!

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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