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## CC261 Revised 1980 How Much Vitamin C are You Eating?

Harriet Kohn

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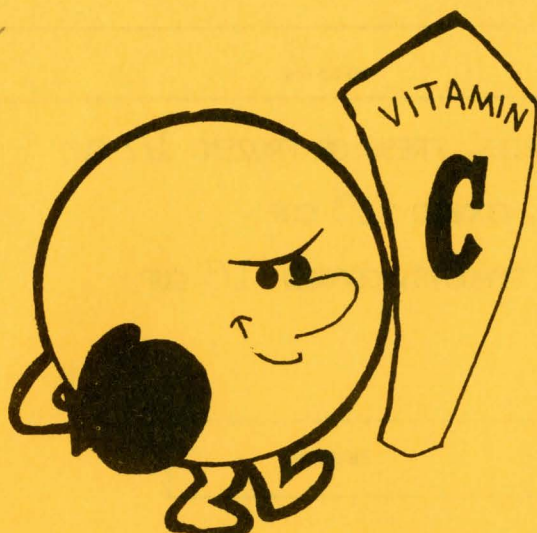
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# HOW MUCH VITAMIN C ARE YOU EATING?



## VITAMIN C HELPS:

Harriet Kohn  
Extension Specialist  
Food and Nutrition

- RESIST INFECTION
- HEAL WOUNDS
- HOLD BODY CELLS TOGETHER
- STRENGTHENS WALLS OF BLOOD VESSELS

## HOW MUCH VITAMIN C DO YOU NEED EACH DAY?

EVERYONE NEEDS THE SAME NUTRIENTS BUT IN DIFFERENT AMOUNTS.

CHILDREN 0 - 1 YEAR	60% (35 mg)	PEOPLE 15 YEARS & OVER	100% (60 mg)
1 - 10 YEARS	75% (45 mg)	EXPECTANT MOTHERS	135% (80 mg)
11 - 14 YEARS	85% (50 mg)	NURSING MOTHERS	165% (100 mg)

Note: In this chart 100% is equal to the N.R.C. 1980 Recommended Daily Dietary Allowances for women 23 - 50 years; other percentages are in relation to it.

## TO CHECK-UP ON THE VITAMIN C YOU ARE EATING, FOLLOW THESE STEPS:

1. WRITE DOWN WHAT AND HOW MUCH YOU HAD TO EAT AND DRINK SO FAR TODAY.  
(IF YOU PREFER, WRITE WHAT YOU HAD TO EAT AND DRINK IN THE LAST 24 HOURS.)
2. CHECK TO SEE WHICH FOODS YOU ATE ARE ON THE LIST ON THE OTHER SIDE OF THIS SHEET. THEN WRITE DOWN THE PERCENT OF YOUR DAILY VITAMIN C NEEDS PRESENT IN THE FOODS YOU ATE. ADD UP THE PERCENTAGES. COMPARE WITH THE PERCENT YOU NEED (SEE CHART ABOVE).
3. PLAN WHICH FOODS YOU NEED TO EAT FOR THE REST OF THE DAY TO MEET YOUR VITAMIN C NEEDS, OR PLAN FOR TOMORROW IF YOU PREFER.



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Leo E. Lucas, Director

(OVER)



# VITAMIN C IN FOODS--PERCENT OF DAILY NEEDS

## 100% EACH

40-52 mg

GRAPEFRUIT 1/2 LG.

STRAWBERRIES, FRESH OR FROZEN 1/2 CUP

GRAPEFRUIT JUICE, CANNED 1/2 CUP

BROCCOLI, COOKED 1/3 CUP

ORANGE JUICE 1/3 CUP

BRUSSELS SPROUTS, COOKED 1/3 CUP

ORANGE 1 SMALL

## 75% EACH

28-36 mg

CANTELOUPE 1/4 MELON

"GREENS", COOKED, SUCH AS SPINACH,

TANGERINE 1 MED.

KALE, COLLARDS, MUSTARD, AND

WATERMELLON 1 SLICE (6"x1 1/2")

TURNIP GREENS 1/2 CUP

CABBAGE, COOKED OR RAW 1/2 CUP

TOMATO, FRESH 1 SMALL

CAULIFLOWER, COOKED 1/2 CUP

TOMATO JUICE 3/4 CUP

GREEN PEPPER 1/2 MED.

TOMATOES, CANNED 1 CUP

## 30% EACH

11-16 mg

BANANA 1 MED.

POTATO, WHITE OR SWEET 1 SMALL

LEMON JUICE 2 TABLESPOONS

SAUERKRAUT 1/2 CUP

PINEAPPLE, CANNED OR JUICE 1/2 CUP

SQUASH, COOKED 1/2 CUP

LIVER, ANY KIND, COOKED 2 OZ.

TOMATO SOUP 1 CUP

PEAS, GREEN, COOKED 1/2 CUP

TURNIPS, COOKED 1/2 CUP

## 10% EACH

3.5-5 mg

APRICOTS, CANNED 1/2 CUP OR

CARROTS, COOKED 1/2 CUP OR

1 1/2 FRESH

1 MED. CARROT, RAW

PEACH, FRESH 1 SMALL

CELERY, RAW 1 STALK OR 1/2 CUP

BEANS, GREEN, COOKED 1/2 CUP

CORN, COOKED 1/4 CUP OR 1/2 EAR

BEETS, COOKED 1/2 CUP

LETTUCE 1/4 SMALL HEAD