

6-1974

CC261 How Much Vitamin C are You Eating?

Harriet Kohn

Follow this and additional works at: <http://digitalcommons.unl.edu/extensionhist>

Kohn, Harriet, "CC261 How Much Vitamin C are You Eating?" (1974). *Historical Materials from University of Nebraska-Lincoln Extension*. 3186.

<http://digitalcommons.unl.edu/extensionhist/3186>

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in Historical Materials from University of Nebraska-Lincoln Extension by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

HOW MUCH VITAMIN C ARE YOU EATING?

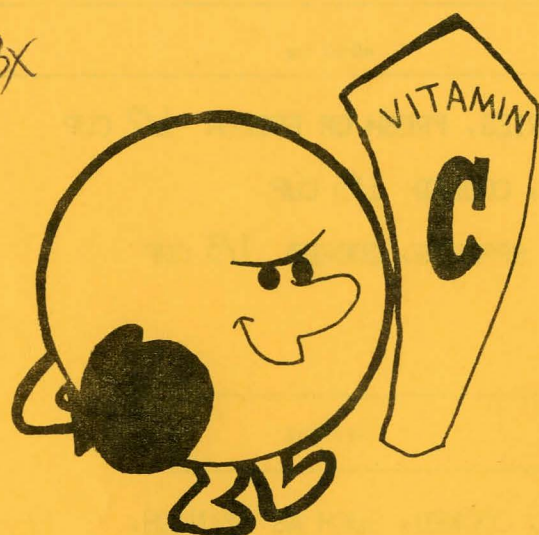
UNIVERSITY OF NEBR.
LIBRARY

JUN 17 1983

Harriet Kohn
Extension Specialist
Food and Nutrition

VITAMIN C HELPS:

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	80%	(35 mg)	FEMALES 11 YEARS & OVER	100%	(45 mg)
1 - 10 YEARS	90%	(40 mg)	EXPECTANT MOTHERS	135%	(60 mg)
MALES 11 YEARS & OVER	100%	(45 mg)	NURSING MOTHERS	135%	(60 mg)

Note: In this chart 100% is equal to the N.R.C. 1973 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.

VITAMIN C IN FOODS--PERCENT OF DAILY NEEDS

100% EACH

40-52 mg

GRAPEFRUIT 1/2 LG.

GRAPEFRUIT JUICE, CANNED 1/2 CUP

ORANGE JUICE 1/3 CUP

ORANGE 1 SMALL

STRAWBERRIES, FRESH OR FROZEN 1/2 CUP

BROCCOLI, COOKED 1/3 CUP

BRUSSELS SPROUTS, COOKED 1/3 CUP

75% EACH

28-36 mg

CANTELOUPE 1/4 MELON

TANGERINE 1 MED.

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

CABBAGE, COOKED OR RAW 1/2 CUP

CAULIFLOWER, COOKED 1/2 CUP

GREEN PEPPER 1/2 MED.

"GREENS", COOKED, SUCH AS SPINACH,

KALE, COLLARDS, MUSTARD, AND

TURNIP GREENS 1/2 CUP

TOMATO, FRESH 1 SMALL

TOMATO JUICE 3/4 CUP

TOMATOES, CANNED 1 CUP

30% EACH

11-16 mg

BANANA 1 MED.

LEMON JUICE 2 TABLESPOONS

PINEAPPLE, CANNED OR JUICE 1/2 CUP

LIVER, ANY KIND, COOKED 2 OZ.

PEAS, GREEN, COOKED 1/2 CUP

POTATO, WHITE OR SWEET 1 SMALL

SAUERKRAUT 1/2 CUP

SQUASH, COOKED 1/2 CUP

TOMATO SOUP 1 CUP

TURNIPS, COOKED 1/2 CUP

10% EACH

3.5-5 mg

APRICOTS, CANNED 1/2 CUP OR

1 1/2 FRESH

PEACH, FRESH 1 SMALL

BEANS, GREEN, COOKED 1/2 CUP

BEETS, COOKED 1/2 CUP

CARROTS, COOKED 1/2 CUP OR

1 MED. CARROT, RAW

CELERY, RAW 1 STALK OR 1/2 CUP

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

LETTUCE 1/4 SMALL HEAD