VITAMIN C RICH FOODS

Recommended Daily Vitamin C Intake

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Vitamin C (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-6 months</td>
<td>40</td>
</tr>
<tr>
<td>7-12 months</td>
<td>50</td>
</tr>
<tr>
<td>1-3 yrs. old</td>
<td>15</td>
</tr>
<tr>
<td>4-8 yrs. old</td>
<td>25</td>
</tr>
<tr>
<td>Male (9-13 yrs. Old)</td>
<td>45</td>
</tr>
<tr>
<td>(14-18 yrs. Old)</td>
<td>75</td>
</tr>
<tr>
<td>(Over 18 yrs. Old)</td>
<td>90</td>
</tr>
<tr>
<td>Female (9-13 yrs. old)</td>
<td>45</td>
</tr>
<tr>
<td>(14-18 yrs. Old)</td>
<td>65</td>
</tr>
<tr>
<td>(Over 18 yrs. Old)</td>
<td>75</td>
</tr>
<tr>
<td>Pregnant women</td>
<td></td>
</tr>
<tr>
<td>(18 yrs. old and younger)</td>
<td>80</td>
</tr>
<tr>
<td>(Over 18 yrs. Old)</td>
<td>85</td>
</tr>
<tr>
<td>Breastfeeding women</td>
<td></td>
</tr>
<tr>
<td>(18 yrs. old and younger)</td>
<td>115</td>
</tr>
<tr>
<td>(Over 18 yrs. old)</td>
<td>120</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving size</th>
<th>Vitamin C (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cantaloupe</td>
<td>1 cup</td>
<td>75</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>½ medium</td>
<td>39</td>
</tr>
<tr>
<td>Orange</td>
<td>1 medium</td>
<td>70</td>
</tr>
<tr>
<td>Tangerine</td>
<td>1 medium</td>
<td>26</td>
</tr>
<tr>
<td>Papaya</td>
<td>1 medium</td>
<td>188</td>
</tr>
<tr>
<td>Mango</td>
<td>1 medium</td>
<td>57</td>
</tr>
<tr>
<td>Strawberries</td>
<td>½ cup</td>
<td>41</td>
</tr>
<tr>
<td>Kiwi Fruit</td>
<td>1 medium</td>
<td>74</td>
</tr>
<tr>
<td>Guava</td>
<td>1 medium</td>
<td>165</td>
</tr>
<tr>
<td>Hot Peppers</td>
<td>1 pepper</td>
<td>109</td>
</tr>
<tr>
<td>Green Peppers</td>
<td>1 medium cooked</td>
<td>106</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>½ cup cooked</td>
<td>27</td>
</tr>
<tr>
<td>Broccoli</td>
<td>½ cup cooked</td>
<td>37</td>
</tr>
<tr>
<td>Tomato</td>
<td>½ cup cooked</td>
<td>27</td>
</tr>
<tr>
<td>Leafy green vegetables, (gailan, spinach, watercress, cabbage)</td>
<td>½ cup cooked</td>
<td>8-12.5</td>
</tr>
</tbody>
</table>

Vitamin C promotes wound healing, prevents bleeding and bruising of gums and tissues, improves absorption of iron and helps the body overcome stress conditions.

Vitamin C is easily destroyed by heat and air. Be sure to properly store fruits and vegetables in the refrigerator and avoid overcooking vegetables.

Eat at least 1 serving of vitamin C rich foods daily!