

## VITAMIN C RICH FOODS

### Recommended Daily Vitamin C Intake

0-6 months	(mg)	40	Female (9-13 yrs. old)	(mg)	45
7-12 months		50	(14-18 yrs. old)		65
1-3 yrs. old		15	(Over 18 yrs. old)		75
4-8 yrs. old		25	Pregnant women		
Male (9-13 yrs. Old)		45	(18 yrs. old and younger)		80
(14-18 yrs. Old)		75	(Over 18 yrs. Old)		85
(Over 18 yrs. Old)		90	Breastfeeding women		
			(18 yrs. old and younger)		115
			(Over 18 yrs. old)		120

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

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!