

for **Vitamin C** everyday

By ANITA DEAN, Extension Specialist in Foods and Nutrition

how do you score?

CLAIM: Scientist claims cure for common cold with massive doses of Vitamin C.

FACT: Claim is based on personal experience. There is no conclusive evidence to support it at this time.

CLAIM: Processed fruits and vegetables have less food value than fresh.

FACT: Some loss occurs in processing, as in home cooking. It varies with the food product, nutrient and conditions of preparation and storage.

Processed foods enable the U. S. population to eat both ample quantities and varieties of foods. Of course, people will always like fresh fruits and vegetables. Food scientists are constantly searching for methods to assure the highest possible quality and nutritional content of processed products.

CLAIM: Scurvy (Vitamin C deficiency) no longer occurs in the U. S.

FACT: Scurvy occurs (though rarely) among some elderly as a result of poverty and general neglect, among alcoholics and bottle-fed infants who have no regular source of Vitamin C. Vitamin C induces rapid recovery.

CLAIM: Synthetic concentrates (pills or beverages) are of equal value with Vitamin C rich foods such as tomatoes, oranges, etc.

FACT: True. But fruits and vegetables contain other essential nutrients as well as Vitamin C.

Vitamin C (ascorbic acid) is absolutely necessary

for the formation of collagen, the protein substance that binds the cells together. The healthy formation of bone material and the dentine of teeth depends on Vitamin C, which also helps heal wounds and broken bones. Vitamin C keeps walls of blood vessels and body cells firm and strong. Vitamin C is essential to the body's use of other nutrients including protein (the amino acid, tyrosine), folic acid (a B-vitamin), iron and calcium.

As indispensable as it is, nature doesn't guarantee it. The body can't store it to any large extent. Cooking destroys part of it. It dissolves in water and leaches out of food. It is unstable. It reacts eagerly with oxygen when exposed to air. Heat speeds up its destruction. Exposure to light hastens its loss.

What can you do to assure a dependable daily supply of Vitamin C? Use a variety of forms of foods high in Vitamin C, especially fruits and vegetables. If fresh, handle and store so as to preserve flavor, food value and appearance: for example, store leafy greens in the refrigerator. At high humidity with minimum air movement and exposure to air, they retain Vitamin C longer.

Eat some raw vegetables and fruits each day. Cook vegetables only in enough water to assure top flavor and appearance. Do not over cook. Cook vegetables and fruits in their skins occasionally.

Remember that large or whole pieces and coarser shreds expose a smaller surface area to the air. Acids such as vinegar and lemon juice used in preparing pickled vegetables and coleslaw and the lactic acid in sauerkraut protect Vitamin C. Refrigerate leftovers promptly, keep them covered and use as soon as possible.

The Food and Drug Administration established the U.S. Recommended Daily Allowance (U.S. RDA) for purposes of nutritional labeling. The U.S. RDA includes a margin of safety to allow for individual variations in nutrient needs.

HOW MUCH VITAMIN C (Ascorbic Acid) DO YOU NEED EACH DAY?

| AGE GROUP | MILLIGRAMS |
|---|------------|
| Adults. | .60 |
| Children 4 Yrs +. | .60 |
| Pregnant & Lactating Women. | .60 |
| Infants & Children Under 4 Yrs. | .40 |

WHAT VITAMIN C-RICH FOODS DO YOU ENJOY EATING?

Choose your favorites from "Your Daily Vitamin C Score." Many seasonal and local foods are good sources of Vitamin C. Endless combinations of fruits and vegetables will furnish a day's supply of Vitamin C. Of course, you would also eat from the meat group, cereal and bread group, and milk group of foods.

| | | |
|---|---|--|
| <p style="text-align: center;">(1)</p> <p>HALF CANTALOUPE 63</p> <p>—</p> <p>TOTAL 63</p> | <p style="text-align: center;">(4)</p> <p>HALF GRAPEFRUIT 44</p> <p>FROZEN BROCCOLI 36</p> <p>—</p> <p>TOTAL 80</p> | <p style="text-align: center;">(7)</p> <p>APPLE 7</p> <p>COLESLAW 21</p> <p>POTATO 20</p> <p>CHERRY PIE 12</p> <p>—</p> <p>TOTAL 60</p> |
| <p style="text-align: center;">(2)</p> <p>STRAWBERRY SHORTCAKE 44</p> <p>CANNED ASPARAGUS 23</p> <p>—</p> <p>TOTAL 67</p> | <p style="text-align: center;">(5)</p> <p>BLUEBERRIES 10</p> <p>PEACH 7</p> <p>CAULIFLOWER 33</p> <p>RADISHES (4) 10</p> <p>—</p> <p>TOTAL 60</p> | <p style="text-align: center;">(8)</p> <p>GREEN BEANS 8</p> <p>FRENCH FRIES 12</p> <p>LETTUCE SALAD 10</p> <p>TOMATO (½) 21</p> <p>BANANA, WHOLE 12</p> <p>—</p> <p>TOTAL 63</p> |
| <p style="text-align: center;">(3)</p> <p>TOMATO JUICE 20</p> <p>SPARERIBS AND SAUERKRAUT 17</p> <p>SWEET POTATOES 25</p> <p>APPLE SAUCE 2</p> <p>—</p> <p>TOTAL 64</p> | <p style="text-align: center;">(6)</p> <p>ORANGE JUICE 62</p> <p>—</p> <p>TOTAL 62</p> | |

YOUR DAILY VITAMIN C SCORE (VEGETABLES)

| | Milli-grams | SCORE | | | | | | |
|---|-------------|-------|---|----|---|---|----|---|
| Green pepper, sweet, raw—1 pod | 94 | — | Tomatoes, canned—½ cup | 21 | — | Beet greens, cooked, drained leaves and stems—½ cup | 11 | — |
| Green pepper, cooked—1 pod | 70 | — | Cabbage, finely shredded, raw—½ cup | 21 | — | Green peas, canned—½ cup | 11 | — |
| Broccoli, whole stalks, cooked—½ cup | 70 | — | White potato, peeled before boiling—5 oz. | 20 | — | Summer squash, cooked—½ cup | 11 | — |
| Brussel sprouts, cooked—½ cup | 68 | — | Tomato juice—½ cup | 20 | — | Head lettuce—1/6 head | 10 | — |
| Collards, cooked—½ cup | 43 | — | Asparagus, canned—½ cup | 19 | — | Radishes, raw, small—4 | 10 | — |
| Tomatoes, raw—1 (3x2½ in.) | 42 | — | Turnips, cooked—½ cup | 17 | — | Snap beans, cooked, drained—½ cup | 8 | — |
| Broccoli, frozen, cooked—½ cup | 36 | — | Sauerkraut—½ cup | 17 | — | Parsnips, cooked—½ cup | 8 | — |
| Turnip greens, mustard greens, kale, cooked—½ cup | 34 | — | Green peas, cooked—½ cup | 17 | — | Onion, cooked—½ cup | 7 | — |
| Cauliflower, cooked—½ cup | 33 | — | Asparagus, cooked drained—4 spears | 16 | — | Corn, sweet or canned—1 ear or ½ cup | 7 | — |
| Spinach, cooked—½ cup | 25 | — | Lima beans—½ cup | 15 | — | Cucumber, raw, pared, center—6 slices | 6 | — |
| Sweet potatoes (peeled after cooking)—1 (5 x 2 in.) | 25 | — | Winter squash, baked—½ cup | 14 | — | Beets, cooked, diced—½ cup | 5 | — |
| Cabbage, cooked—½ cup | 24 | — | Blackeye peas, cooked—½ cup | 14 | — | Celery, raw—½ cup diced or 1 stalk | 4 | — |
| | | | French fried potatoes—10 pieces (2 x ½ x ½) | 12 | — | Carrot, whole—1 or 25 thin strips | 4 | — |
| | | | Spinach, canned, drained—½ cup | 12 | — | Potato chips—10 medium chips | 3 | — |
| | | | Onion, 6 green or 1 raw | 12 | — | | | |

YOUR DAILY VITAMIN C SCORE (FRUITS)

| | Milli-grams | SCORE | | | | | | |
|--|-------------|-------|---|-------|---|--|-----|---|
| Orange—1 | 66 | — | Lemon—1 | 39 | — | Bananas, raw—1 | 12 | — |
| Cantaloupe—½ melon | 63 | — | Grapefruit, canned, white, sweetened—½ cup | 39 | — | Pineapple juice, canned—½ cup | 11 | — |
| Orange juice, fresh or frozen—½ cup | 60-62 | — | Strawberries, frozen—2½ oz | 38 | — | Apricots, raw (12 per lb.)—3 | 10 | — |
| Lemon juice—½ cup | 56 | — | Peaches, frozen—3 oz. | 34* | — | Blueberries, raw—½ cup | 10 | — |
| Orange and grapefruit juice, frozen—½ cup | 51 | — | Watermelon, raw, 4 x 8—1 wedge | 30 | — | Lemonade, frozen, diluted—½ cup | 9 | — |
| Orange juice, canned, unsweetened—½ cup | 50 | — | Tangerines, raw, medium—1 | 27 | — | Rhubarb, cooked, sweetened—½ cup | 9 | — |
| Grapefruit juice, fresh, white—½ cup | 46 | — | Avocado, Florida—½ | 22 | — | Pineapple, canned—2 small or 1 large slice | 8 | — |
| Strawberries, chopped—½ cup | 44 | — | Orange-apricot drink—½ cup | 20* | — | Pears, raw—1 | 7 | — |
| Grapefruit, fresh—½ | 44 | — | Cranberry juice, cocktail ^o —½ cup | 20** | — | Peach, yellow, fresh—1 | 7 | — |
| Grapefruit juice, frozen diluted—½ cup | 43 | — | Raspberries, red, frozen or fresh—½ cup | 15-16 | — | Apricots, canned or cooked—½ cup dried | 4-5 | — |
| Grapefruit, canned, white, unsweetened—½ cup | 42 | — | Blackberries, raw—½ cup | 15 | — | Peaches, canned—½ cup | 4 | — |
| Lime juice, fresh—½ cup | 40 | — | Avocado, California—½ | 15 | — | Apple—1 | 3 | — |
| | | | Cherries, canned, red, sour—½ cup | 12 | — | Grape juice, frozen, dilute—½ cup | 3** | — |
| | | | Pineapple, raw, diced—½ cup | 12 | — | | | |

*Includes ascorbic acid added by manufacturer.
 **Based on products stating 30 milligrams per 6 fl. oz. serving.
 ***Present ONLY if added by manufacturer.