



# Vitamin C

## We need vitamin C for:

- Our bodies to heal quickly
- Fighting infection
- Healthy skin

## How do we get enough vitamin C?

- Eat foods high in vitamin C daily.
- Eat a colorful variety of fruits and vegetables every day.

### Foods High in Vitamin C\*

### Serving Sizes



| Food                    | 1–3 Years       | 4–5 Years     | Women   |
|-------------------------|-----------------|---------------|---------|
| Red bell peppers        | 2–3 tablespoons | 1/3 – 1/2 cup | 1/2 cup |
| Chili peppers           | 2–3 tablespoons | 1/3 – 1/2 cup | 1/2 cup |
| Strawberries            | 1/2 cup         | 3/4 cup       | 1 cup   |
| Orange                  | 1/4 – 1/2       | 1/2 – 1       | 1       |
| Kiwi                    | 1/2             | 1/2 – 1       | 1       |
| Cantaloupe              | 1/2 cup         | 3/4 cup       | 1 cup   |
| Orange juice            | 1/2 cup         | 3/4 cup       | 3/4 cup |
| Broccoli                | 2–3 tablespoons | 1/3 – 1/2 cup | 1/2 cup |
| Grapefruit juice        | 1/2 cup         | 3/4 cup       | 3/4 cup |
| Green bell peppers      | 2–3 tablespoons | 1/3 – 1/2 cup | 1/2 cup |
| Brussels sprouts        | 2–3 tablespoons | 1/3 – 1/2 cup | 1/2 cup |
| Grapefruit              | 1/4             | 1/4 – 1/2     | 1/2     |
| Cauliflower             | 2–3 tablespoons | 1/3 – 1/2 cup | 1/2 cup |
| Tomato juice            | 1/2 cup         | 3/4 cup       | 3/4 cup |
| Tomatoes                | 2–3 tablespoons | 1/3 – 1/2 cup | 1/2 cup |
| Cilantro                | 2–3 tablespoons | 1/3 – 1/2 cup | 1/2 cup |
| Kale, bok choy, cabbage | 2–3 tablespoons | 1/3 – 1/2 cup | 1/2 cup |

\*Foods with the most vitamin C are at the top of the list.





## Great Food Combos:

- Stir-fry vegetables with red peppers and broccoli
- Fruit salad with oranges, kiwi, and cantaloupe



## Vitamin C Tips:

- Fruits and vegetables have more vitamin C when they are fresh and when you eat them raw.
- Keep fruits and vegetables in the refrigerator uncut and covered (or in a plastic bag) until you need them.

### Try this recipe for Baked Cauliflower Tots (Makes 2 cups)

#### Ingredients:

- 2 cups grated **cauliflower** (about half a medium head)
- 1 **egg**, lightly beaten
- ¼ cup grated **cheddar cheese**
- 3 tablespoons **flour**
- ¼ teaspoon **salt**

#### Directions:

1. Preheat oven to 400 degrees. Spray a baking sheet or line with parchment paper or foil.
2. Grate cauliflower on large holes of a grater.
3. In a medium bowl, combine all ingredients; mix well.
4. Press mixture together to make about 15 small balls or logs. Place on the baking sheet with space between each ball or log.
5. Bake for 20 minutes or until cooked through. For extra crispy tots, broil for an extra 2 minutes. Watch closely to avoid burning.
6. Refrigerate leftovers within 2 hours.



Source: [www.FoodHero.org](http://www.FoodHero.org)



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