

C TIDBITS...

- Canned or packaged fruit drinks or punches such as Kool-Aid®, Hi-C®, Sunny Delight®, Tang®, Hawaiian Punch® and lemonade are not considered part of the vitamin C food group because they are high in sugar and low in other nutrients. They contain little or no fruit.
- Add citrus juice to cut-up apples, bananas, peaches, and pears and cover them. This keeps them from turning brown and adds vitamin C.
- When choosing fresh fruits and vegetables, choose ones that look fresh and are not wilted. Buy ones that are in season.



Who needs Vitamin C?

Everyone needs at least one high source of vitamin C every day. Two good sources are equal to one high source. Smokers should increase this amount. It is best to get your vitamin C from foods.



What does Vitamin C do?

Vitamin C:

1. Holds cells together in the body.
2. Helps heal wounds and bruises.
3. Makes gums and teeth healthy.
4. Helps the body resist disease.
5. Helps the body to absorb iron and calcium from foods.

FRAGILE HANDLE WITH CARE

The amount of vitamin C you get from foods depends on how they are prepared, cooked and stored.

- **Preparation:** Fruits and vegetables that are peeled or cut in small pieces will lose vitamin C quickly. When possible, serve whole or in large pieces.
- **Cooking:** Steam or cook for a short time because vitamin C is destroyed by heat and lost in cooking water.
- **Storage:** The longer a food is stored, the more vitamin C that is lost. Peeled or cut vitamin C foods should be stored in airtight containers. Refrigerate juices in an airtight plastic or glass container.

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Key Nutrient



What is a serving of Vitamin C

	<u>1 & 2 Yr.</u>	<u>3 & 4 Yr.</u>	<u>Adult</u>
Juice	1/3 cup	½ cup	¾ cup
Whole piece	½ med.	1 small	1 med.
Chopped, cooked canned	¼ cup	¼ cup	½ cup
Dried	1 TBSP	2 TBSP	4 TBSP

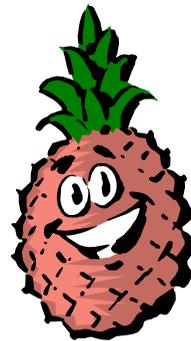
Vitamin C: Have one high or two good sources per day.

High sources:

- Cantaloupe
- Grapefruit/Grapefruit Juice
- Kiwi
- Orange/Orange Juice
- Strawberries
- Green Pepper
- V-8 Juice

Good sources

- Baked Potato with Skin
- Broccoli
- Brussel Sprouts
- Cauliflower
- Honeydew Melon
- Mandarin Orange
- Pineapple/Pineapple Juice
- Tangerine
- Tomato/Tomato Juice



Vitamin C food I like:

New Vitamin C food I will try:

Goal: I will eat _____ serving(s) of Vitamin C foods a week.

ORANGE SHAKE

- 1 cup 2% or skim milk
- 1 cup cold water
- 1 6-ounce can frozen orange juice concentrate
- 1 cup crushed ice



1. Place ingredients in a quart jar with lid.
2. Shake until foamy and ice melts.
3. Serve cold. Serves 6.
4. Variation: Use other frozen concentrated fruit juices instead of orange juice.

Nutrition Analysis Per ½ cup Serving:
 Calories 65; Cholesterol 3mg; Vitamin C 40 mg (67%);
 Calcium 59 mg (7%)

BROCCOLI and MUSHROOM STUFFED POTATOES

- 4 large russet potatoes
- 1 cup broccoli, trimmed and chopped
- 1 cup mushrooms, sliced
- olive oil or vegetable spray
- 1 pkg. fresh chives, chopped
- 8 ounce container of 2% cottage cheese
- 3 Tbsp. low-fat milk
- 1/8 tsp. pepper



Bake potatoes until soft. Cut tops off potatoes and let cool for 10 minutes. In medium frying pan, saute broccoli and mushrooms in olive oil spray until soft. Scoop out potatoes, leaving shell. Mash potatoes with cottage cheese, milk, to desired consistency. Add pepper. Add chives, broccoli and mushrooms to potato mixture. Fill potato shells with mixture. Can be made ahead to this point. Cover and chill. If made ahead, let potatoes come to room temperature before baking. Bake for 30 minutes at 350°. Makes 4 servings. *This is an official 5 A Day recipe. This recipe is provided by the Green House.*

Nutrition Analysis Per Serving:
 Calories 271; Fiber 5 g.; Cholesterol 5 mg;
 Sodium 257 mg.; Vitamin A 13% (104 RE);
 Vitamin C 87% (52 mg);
 Percent calories from fat 6%.