



# Vitamin C

## fact sheet

### Vitamin C - Why We Need It

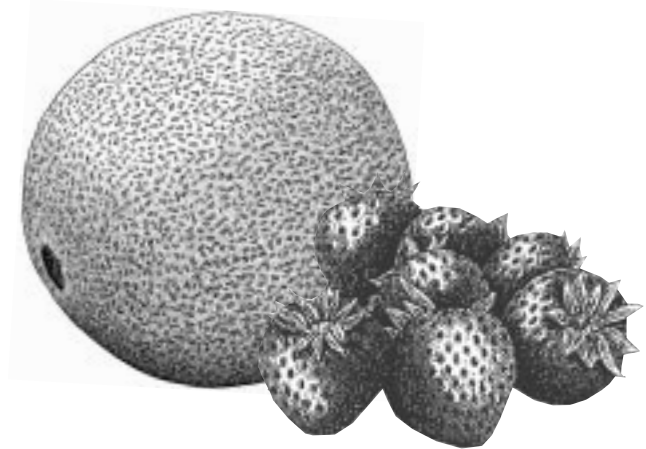
1. Helps hold body cells together and strengthens walls of blood vessels
2. Helps in healing wounds
3. Helps tooth and bone formation
4. Helps the body to absorb iron



Vitamin C is ascorbic acid and is measured in milligrams (mg.) of ascorbic acid.

### How Much We Need

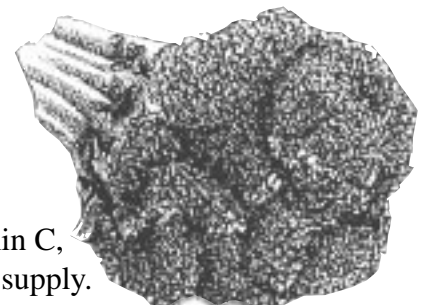
Children (Ages 3-10)	45 mg.
Males & Females (Ages 11-14)	50 mg.
Males & Females (14 years & up)	60 mg.
Pregnant Women	70 mg.
Nursing Mothers	95 mg.



Sources of Vitamin C: *See chart on back*

### Other Facts to Remember

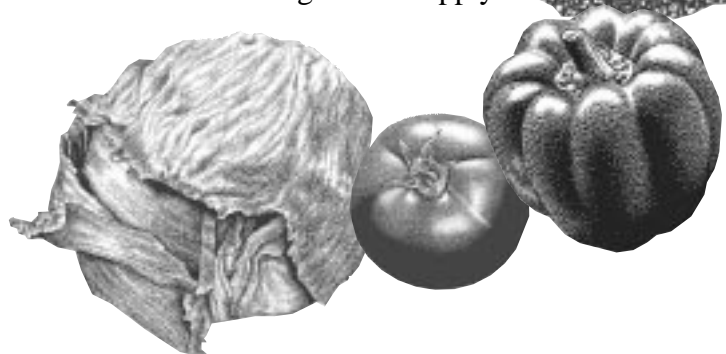
1. Because the body doesn't store ascorbic acid, you need to eat a good source of it every day.
2. Steam or cook vegetables in a very small amount of water; cook them until just tender and use all the cooking water that remains.
3. Use fruit juices not fruit drinks. The drinks may be fortified with Vitamin C, but they lack the other vitamins and minerals that fruits and vegetables supply.
4. Eat fresh fruit whenever possible.



### Food Guide Pyramid

Vegetable Group, 3-5 servings

Fruit Group, 2-4 servings

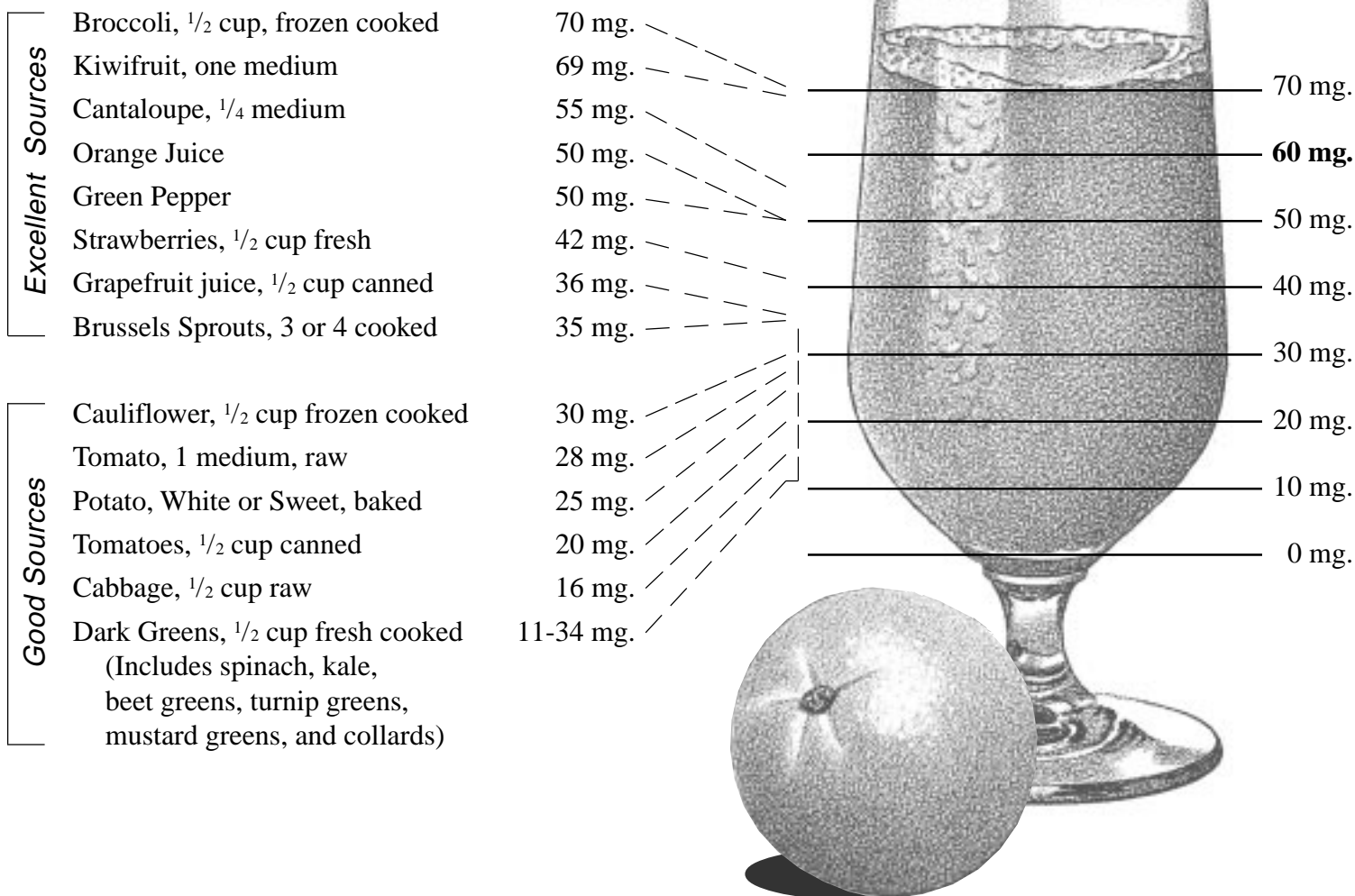


# Vitamin C

*ascorbic acid*

## Recommended Dietary Allowances

Women and Men 60 mg.



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