



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 fruit and vegetables every day.

Foods high in vitamin C:

FOOD	SERVING SIZES		
	1-3 Year Olds	4-5 Year Olds	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, V-8 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 fried vegetables with green and red peppers and broccoli
- Fruit salad with oranges, kiwi, and cantaloupe

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.



California Department of Public Health,
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Try this recipe for **Baked Stuffed Potatoes:**

- 2 medium potatoes
- ½ cup chopped broccoli
- ½ cup bell pepper
- ½ cup shredded cheese



Recipe Directions:

1. Preheat oven to 350°.
2. Wash the potatoes.
3. Poke holes in potatoes with a fork and place in center of oven and bake for 45 to 60 minutes.
4. While potatoes are baking, steam broccoli and peppers in covered sauce pan until tender.
5. Remove potatoes from the oven when soft. Cut them open.
6. Top the potatoes with the steamed vegetables and sprinkle with cheese. Serves 2.