

Super Vitamin C

Vitamin C is a water soluble vitamin in fruits and vegetables. It helps us grow. Our bodies need Vitamin C, especially when we get hurt



or we have a cold or a virus. Vitamin C is used to make collagen, a protein that is used in our skin, bones, blood

vessels and tendons and it helps form scar tissue when we get hurt.

How much vitamin C should we have?

We need to eat some foods with vitamin C every day.

We should eat the following amounts of Vitamin C every day:

Ages 4 to 8: 15 mg/day or about 3 or 4 strawberries.

Ages 9 to 13: 25 mg/day or about 1/2 of kiwifruit.

Girls 14 to 18: 65 mg/day or about 1 cup of cantaloupe cubes.

Boys 14 to 18: 75 mg/day or about 1 orange.

Women 19 & up: 75 mg/day or about 1/2 cup of broccoli.

Men 19 & up: 90 mg/day or about 1/2 cup of red sweet pepper.

Where can we get Vitamin C?

We can get it from most all fruits and vegetables such as oranges, sweet potatoes, lemons, turnip greens, red



peppers, tomatoes, white potatoes, strawberries, broccoli, cantaloupe, mango,

papaya, winter squash, watermelon, cabbage, cauliflower,

Brussels sprouts, raspberries, blueberries, cranberries, and pineapples.

What happens if we don't get enough Vitamin C?

Vitamin C deficiency can lead to bleeding gums, rough and dry skin, slow healing when hurt, easy bruising, nosebleeds, weight gain, and a decrease in immunity (can get sick often).

What is the role of Vitamin C in the body?

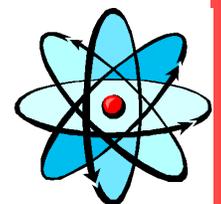
Vitamin C is an antioxidant. **What is an antioxidant?** An anti-oxidant is a large molecule that removes free radicals from our bodies. Free radicals cause a lot of damage and vitamin C helps remove them and helps protect the cells of our body from damage.



Vitamin C can decrease the risk for heart disease, stroke, cancer, as well as it can decrease the risk of cataracts and gout.

Vitamin C can help strengthen the immune system and prevents colds and flu.

Even though the benefits of Vitamin C seem really good, too much Vitamin C can be harmful to our bodies. The University of Florida says that you should not take more than 2000 mg of calcium per day. But, if you consume vitamin C from foods, you won't have a chance of getting excessive levels.



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WORD BANK

VITAMIN C

STRAWBERRY

PAPAYA

IMMUNE

TOMATO

DISSOLVE

CANTELOUPE

CANCER

GROWTH

WATERMELON

INFECTIOUS

CITRUS

PINEAPPLE

REPAIR

BLUEBERRY

PROTECT

COLLAGEN

RASPBERRY

MANGO