

VITAMIN C PLANT SOURCES

(This information is taken from multiple web-based sites as cited.)

(1) Vitamin C, also known as ascorbic acid, is a water-soluble **vitamin**. Unlike most mammals, humans do not have the ability to make their own vitamin C. Therefore, we must obtain vitamin C through our diet. “While plants are generally a good source of vitamin C, the amount in foods of plant origin depends on: the precise variety of the plant, the soil condition, the climate in which it grew, the length of time since it was picked, the storage conditions, and the method of preparation.” (http://en.wikipedia.org/wiki/Vitamin_C#_note-66)

(2) This chart shows the amount of Vitamin C in different raw plant sources. “The amount is given in milligrams per 100 grams of fruit or vegetable and is a rounded average from multiple authoritative sources.” (http://en.wikipedia.org/wiki/Vitamin_C#_note-66)

Plant Source	Amount mg/100g	Plant Source	Amount mg/100g	Plant Source	Amount mg/100g
Billy goat plum	3150	Papaya	60	Pawpaw	10
Camu Camu	2800	Strawberry	60	Grape	10
Wolfberry	2500	Orange	50	Apricot	10
Rose hip	2000	Lemon	40	Plum	10
Acerola	1600	Cantaloupe	40	Watermelon	10
Amla	720	Cauliflower	40	Banana	9
Jujube	500	Grapefruit	30	Carrot	9
Baobab	400	Raspberry	30	Avocado	8
Blackcurrant	200	Tangerine	30	Crabapple	8
RED PEPPER	190	Mandarin orange	30	Peach	7
Parsley	130	Passion fruit	30	Apple	6
Seabuckthorn	120	Spinach	30	Blackberry	6
Guava	100	Cabbage raw green	30	Beetroot	5
Kiwifruit	90	Lime	20	Pear	4
Broccoli	90	Mango	20	Lettuce	4
Loganberry	89	Potato	20	Cucumber	3
Redcurrant	80	Honeydew	20	Eggplant	2
Brussels Sprouts	80	Mango	16	Fig	2
Lychee	70	Tomato	10	Bilberry	1
Cloudberry	60	Blueberry	10	Horned melon	0.5
Persimmon	60	Pineapple	10	Medlar	0.3

(Source of chart is http://en.wikipedia.org/wiki/Vitamin_C#_note-66)

You may notice that RED PEPPERS are very high in Vitamin C. Do you recognize any of the foods that have higher Vitamin C? Are they as easy to obtain as peppers?

MORE INFORMATION ABOUT VITAMIN C

(3) “Vitamin C chemically **decomposes** under certain conditions, many of which may occur during the cooking of food. Normally, boiling water at 100°C is not hot enough to cause any significant destruction of the **nutrient**, which only decomposes at 190°C, despite popular opinion. However, pressure cooking, roasting, frying and grilling food is more likely to reach the decomposition temperature of vitamin C. Longer cooking times also add to this effect, as will copper food vessels.

(4) Another cause of vitamin C being lost from food is **leaching**, where the water-soluble vitamin dissolves into the cooking water, which is later poured away and not consumed. However, vitamin C doesn't leach in all vegetables at the same rate; research shows broccoli seems to retain more than any other. Research has also shown that fresh-cut fruit don't lose significant nutrients when stored in the refrigerator for a few days.” (http://en.wikipedia.org/wiki/Vitamin_C#_note-66)

(5) Recommended Dietary Allowance (RDA) for Vitamin C

<u>Life Stage</u>	<u>Age</u>	<u>Males (mg/day)</u>	<u>Females (mg/day)</u>
Infants	0-6 months	40 (AI)	40 (AI)
Infants	7-12 months	50 (AI)	50 (AI)
Children	1-3 years	15	15
Children	4-8 years	25	25
Children	9-13 years	45	45
Adolescents	14-18 years	75	65
Adults	19 years and older	90	75
Smokers	19 years and older	125	110
Pregnancy	18 years and younger	-	80
Pregnancy	19-years and older	-	85
Breastfeeding	18 years and younger	-	115
Breastfeeding	19 years and older	-	120

(The information in this table is taken from the Dietary Reference Intakes (DRIs): Recommended Intakes for Individuals, Vitamins.
Source: Food and Nutrition Board, Institute of Medicine, National Academies)
http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=3&tax_subject=256&topic_id=1342&level3_id=5140

(6) “Different fruits and vegetables vary in their vitamin C content, but five servings (2 1/2 cups) of fruits and vegetables should average out to at least 200 mg of vitamin C. If you wish to check foods you eat frequently for their nutrient content, search the USDA food composition database.” (Source: Oregon State University, Linus Pauling Institute - Micronutrient Research for Optimum Health)
<http://lpi.oregonstate.edu/infocenter/vitamins/vitaminC/>