

Vitamin C and School Meals

Vitamin C is a water soluble vitamin. Water-soluble vitamins are vulnerable to damage by factors such as heat, light, air, and water. These vitamins may be easily destroyed during food storage, processing, or preparation. Minimize vitamin C loss by storing frozen foods at 0° F or below and storing canned foods at 65° F or below.

Processed foods may be enriched or fortified with vitamin C. Compare nutrition fact labels for the amount of vitamin C contained. Products such as juices and instant mashed potatoes can vary significantly.

Menu Planning

Include fruits and vegetables that provide vitamin C at least three to four times per week.

Fruit/Vegetable Sources		
Best Sources	Good Sources	Other Sources
broccoli	cauliflower	asparagus
brussel sprouts	collards	banana
guavas	cranberry juice cocktail	cabbage- green, red & Chinese
kiwi	grapefruit and grapefruit juice	cantaloupe
oranges	kale	dandelion & mustard greens
orange juice	kohlrabi	honeydew melon
papayas	kumquats	mango
peaches - frozen	mangoes	okra
red and green chili peppers	mustard greens	tangelos (mandarin oranges)
sweet red and green peppers	pineapple juice	potatoes
tomato soup	strawberries	raspberries
	sweet potato	rutabagas
	tangerines and tangerine juice	tomatoes, juice, paste or puree
	vegetable juice cocktail	turnips and turnip greens
	watercress	watermelon

Tips to Minimize Vitamin Loss

- Cut up fresh fruits and vegetables as close to meal service time as possible
- Serve fruits and vegetables raw
- Avoid prolonged soaking when possible
- Steam instead of boil
- Cook vegetables in as little liquid as possible
- Cook vegetables until “just tender”
- Batch cook when possible and hold no longer than 20 minutes

Nutrient Targets For Lunch Grade Groupings (1/3 RDA's)

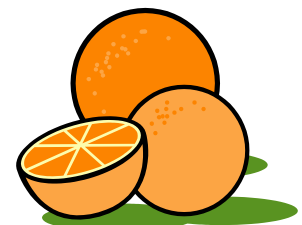
K-3 = 15 mg.
K-6 = 15 mg.
4-12 = 17mg.
7-12 = 18 mg.

Vitamin C

Vitamin C is a water-soluble vitamin that helps strengthen blood vessels, hastens healing of wounds and bones, and helps slow down or prevent cell damage. It increases resistance to infections and helps the body absorb iron in the diet. It is not stored in the body so adequate daily amounts need to be provided in the diet.

Did you know?

A deficiency of vitamin C is called scurvy and is very rare. It was common generations ago when seamen lived on dried and salted foods. To correct this problem they began bringing cases of limes with them and were then nicknamed limeys. Symptoms of scurvy include loose teeth, bleeding gums, infections, and poor wound healing.



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