



Vitamin C

Vitamin C, also called ascorbic acid, is an important nutrient in your body. Your system needs it to form things like collagen, cartilage, and muscle! It's also an antioxidant that helps reduce the effects of free radicals. Your body doesn't produce ANY vitamin C, so it's important to get enough in your diet! Read more to learn about important sources for this critical nutrient!

- Function: Immunity, antioxidant, protein metabolism, connective tissue.
- Deficiency: Poor wound healing, weakened connective tissue, gum inflammation, scurvy
- Toxicity: Diarrhea, nausea, gastrointestinal issues
- Recommended Dietary Allowance: 90 mg/day for adult men and 75 mg/day for adult women
- Fun Fact: Dietary or supplemental Vitamin C can help increase the absorption of iron!

Food	Milligrams (mg) per serving	Percent (%) DV*
Red pepper, sweet, raw, ½ cup	95	106
Orange juice, ¾ cup	93	103
Orange, 1 medium	70	78
Grapefruit juice, ¾ cup	70	78
Kiwifruit, 1 medium	64	71
Green pepper, sweet, raw, ½ cup	60	67
Broccoli, cooked, ½ cup	51	57
Strawberries, fresh, sliced, ½ cup	49	54
Brussels sprouts, cooked, ½ cup	48	53
Grapefruit, ½ medium	39	43

Broccoli, raw, ½ cup	39	43
Tomato juice, ¾ cup	33	37
Cantaloupe, ½ cup	29	32
Cabbage, cooked, ½ cup	28	31
Cauliflower, raw, ½ cup	26	29
Potato, baked, 1 medium	17	19
Tomato, raw, 1 medium	17	19
Spinach, cooked, ½ cup	9	10
Green peas, frozen, cooked, ½ cup	8	9

Source: National Institutes of Health

URL: <https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/#h19>