

## Information about Vitamin C (Ascorbic Acid)

- Vitamin C is a water-soluble vitamin. It is not stored in large amounts in the body. Any extra amount is lost through the urine. You need to include vitamin C rich foods in your diet every day.
- Vitamin C is important for growth and repair of bones, teeth, skin and other tissues.
- Vitamin C has many other roles in the body and can also:
  - Increase your body's absorption of iron from plant-based foods.
  - Help to prevent cell damage and may reduce your risk for certain cancers and other chronic diseases.
  - Protect you from infections by keeping your immune system healthy.
- Taking high doses of vitamin C has not been proven to prevent colds. It may cause digestive problems.

## How much Vitamin C Should I Aim For?

Most people can get enough vitamin C by eating a healthy diet. The following chart shows you how much vitamin C you need.

If you smoke you need an extra 35 milligrams (mg) of vitamin C per day.

Age in Years	Aim for an intake of mg/day*	Stay below * mg/day
Males 19 and older	90	2000
Females 19 and older	75	2000
Pregnancy women 19 and older	85	2000
Breastfeeding women 19 and older	120	2000

\*This amount includes sources of vitamin C from food and supplements



## Vitamin C Content of Some Common Foods

Vegetables and fruits are the best sources of vitamin C. This table will help you choose foods that are high in vitamin C.

Food	Serving size	Vitamin C (mg)
Vegetables and Fruit		
<i>Vegetables</i>		
Peppers (red, yellow) raw	125 mL (½ cup)	101-144
Peppers (red, green), cooked	125 mL (½ cup)	121-132
Peppers, green, raw	125 mL (½ cup)	63
Broccoli, cooked	125 mL (½ cup)	54
Cabbage, red, raw	250 mL (1 cup)	42
Brussels sprouts, cooked	125 mL (4 sprouts)	38-52
Kohlrabi, cooked	125 mL (½ cup)	47
Broccoli, raw	125 mL (½ cup)	42
Snow peas, cooked	125 mL (½ cup)	41
Cabbage, cooked	125 mL (½ cup)	30
Cauliflower, raw or cooked	125 mL (½ cup)	27-29
Kale, cooked	125 mL (½ cup)	28
Rapini, cooked	125 mL (½ cup)	24
Potato, with skin, cooked	1 medium	14-31
Bok Choy, cooked	125 mL (1/2 cup)	23
Sweet potato, with skin, cooked	1 medium	22
Asparagus, frozen, cooked	6 spears	22



Balsam pear/bitter melon	125 mL (½ cup)	22
Turnip greens, cooked	125 mL (½ cup)	21
Snow peas, raw	125 mL (½ cup)	20
Collards, cooked	125 mL (½ cup)	18
Tomato, raw	1 medium	17
Tomato sauce, canned	125 mL (½ cup)	8-9
Tomatoes, canned, stewed	125 mL (½ cup)	11-12
<i>Fruit</i>		
Guava	1 fruit	206
Papaya	½ fruit	94
Kiwifruit	1 large	84
Orange	1 medium	59-83
Lychee	10 fruits	69
Strawberries	125 mL (½ cup)	52
Pineapple	125 mL (½ cup)	42-49
Grapefruit, pink or red	½ fruit	38-47
Clementine	1 fruit	36
Cantaloupe	125 mL (½ cup)	31
Mango	½ fruit	38
Avocado, Florida	½ fruit	26
Soursop	125 mL (½ cup)	25
Tangerine or mandarin	1 medium	24
Persimmon	125 mL (½ cup)	17
Berries (raspberries, blueberries, blackberries)	125 mL (½ cup)	14-17



<i>Juice</i>		
Juice (orange, grapefruit, apple, pineapple, grape) , Vitamin C added	125 mL (½ cup)	23-66
Fruit and vegetable cocktail	125 mL (½ cup)	35-73
Guava nectar	125 mL (½ cup)	26
Grain Products	This food group contains very little of this nutrient.	
Milk and Alternatives	This food group contains very little of this nutrient.	
Meats and Alternatives	This food group contains very little of this nutrient.	

Source: "Canadian Nutrient File 2015"

[www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php)

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