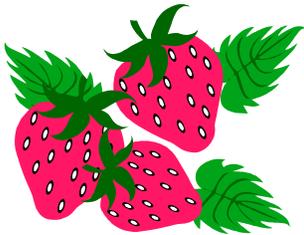


VITAMIN C

May protect against heart disease and certain types of cancer

WHY DO WE NEED VITAMIN C?

1. To help form bones, teeth, muscle and skin
2. To maintain healthy blood vessels and gums
3. To resist infection and healing wounds
4. To help iron absorption



BEST VITAMIN C SOURCES

WIC juices
orange/O.J.
grapefruit
cantaloupe
strawberries
green pepper
broccoli
collard greens
kale
mango
kiwi
papaya

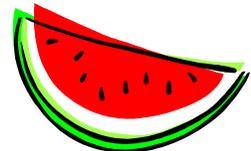


HOW MUCH VITAMIN C DO WE NEED?

1. Our bodies do not make Vitamin C, so we need to eat at least 1 serving daily
2. Smokers need 2 servings every day

GOOD VITAMIN C SOURCES

honeydew melon
V-8 juice
brussel sprouts
lemons or lemon juice
greens – mustard & turnip
sweet potato
cabbage
potato (baked)
watermelon
tangerine



SAMPLE MENU WITH VITAMIN C FOODS (*)

Breakfast

cereal
milk
*orange or
*orange juice

Lunch

ham & cheese
sandwich with
*apple
*cole slaw
*V-8 juice

Dinner

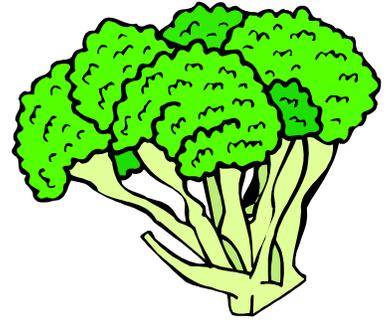
grilled chicken
*broccoli
*baked potato
*strawberry shortcake



VITAMIN C RECIPES

Broccoli Sauté

- 2 pounds broccoli-washed and finely chopped (no large stems)
- 1 small onion; finely chopped
- 2 garlic cloves (chopped)
- ¼ cup Olive oil
- *Can use frozen broccoli if desired



Sauté (fry) the garlic and onion in oil in skillet until softened. Add the broccoli, sauté 2-to-3 minutes, cover and steam 4-to-5 minutes.

Baked Potato Skins

- 1 baked potato
 - Toppings (see under various ways to prepare)
1. Bake potato for 1 hour or until soft. Split lengthwise and scoop out potato. Reserve for mashed potatoes.
 2. Top the skin with favorite topping, wrap in foil and heat; keep warm until ready to eat.



To prepare this recipe using the microwave:

1. Bake potato for 4-5 minutes or until soft. Split lengthwise, scoop out potato, and proceed and reserve for mashed potatoes.
2. Top the skin with favorite topping. Cover with plastic wrap until ready to eat. If becomes cool, reheat in the microwave.
3. To reheat, place on paper plate and heat for 30-45 seconds on high power or until topping is melted and potato is hot. Wrap in foil to keep warm.

Various ways to prepare:

Regular: ½ teaspoon margarine, pinch garlic powder.

Mexican style: 1 tablespoon of Mexican chiles and 1 tablespoon Cheddar cheese, shredded (heat until cheese melts).

Pizza style: 1-tablespoon pizza or tomato sauce and 1 tablespoon Mozzarella cheese, shredded.

Bacon & Sour Cream: 1-teaspoon bacon bits and 2 tablespoons reduced-calorie sour cream or plain yogurt.

