

Vitamin C & School Meals



Vitamin C helps strengthen blood vessels, hastens healing of wounds and bones, and helps slow down or prevent cell damage. It increases resistance to infections, and it 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.

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

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

Vitamin C is a water-soluble vitamin. Water-soluble vitamins are vulnerable to damage by factors such as heat, light, air, and water. Vitamin C can be easily destroyed during food storage or preparation, so be sure to follow safe food-handling procedures.

Tips to Minimize Volume Loss

1. Cut up fresh fruits and vegetables as close to meal service time as possible
2. Serve fruits and vegetables raw
3. Steam vegetables or cook in as little liquid as possible
4. Cook vegetables until "just tender"
5. Batch cook when possible

Fruit and Vegetable Sources of Vitamin C		
Food Source	Serving Size	Vitamin C amount in mg
Kiwi, fresh, sliced	1/2 cup	83
Oranges, raw	1 medium	70
Peppers, sweet, raw, red, sliced	1/2 cup	59
Strawberries, raw, sliced	1/2 cup	49
Orange Juice, includes from concentrate	1/2 cup	42
Broccoli, raw, florets	1/2 cup	39
Peppers, sweet, green, raw, sliced	1/2 cup	37
Cantaloupe, raw, cubes	1/2 cup	29
Tangerines (Mandarin Oranges) canned, L syr	1/2 cup	25
Cauliflower, raw	1/2 cup	24
Sweet Potato, baked in skin	1 medium (5" x 2")	22
Potato, baked, flesh and skin	1 medium (2.25" x 3.25")	17
Tomato Soup, canned, prepared with water	1 cup	15

Source: USDA Database Release CN 15 through NutriKids Version 12.5

This fact sheet was adapted from the Wisconsin Department of Public Instruction fact sheet: "Vitamin C and School Meals." MyPlate is the new food icon from USDA.

"The USDA and the State of Indiana are equal opportunity providers and employers."