

Vitamin C Food Sources

The Washington Minimum Licensing Requirements for child care programs requires serving a good source of Vitamin C at **least once a day**. (1/4 cup provides approximately 1/3 to 1/2 of the daily needs for a 4-8 year old child.)

- Blueberries
- Cantaloupe
- 100% apple, grape or other fortified fruit juice
- Grapefruit
- Guava
- Honeydew melon
- Jujube
- Kiwi
- Lychees
- Mandarin orange
- Mango
- Orange
- 100% orange juice
- Papaya
- Pineapple packed in juice 1/3 cup
- 100% passion fruit juice (purple or yellow)
- 100% pineapple juice (1/2 cup)
- Raspberries
- Strawberries
- Tangerine/satsumas



- Asparagus
- Bell peppers (green, yellow, orange or red)
- Chinese cabbage – Pak-choi
- Broccoli
- Brussel sprouts
- Cabbage, red
- Cauliflower
- Kale
- Kohlrabi
- Potato, baked or boiled in skin
- Salsa
- Snow Peas
- Sweet potato, baked or boiled
- Tomato
- Turnip greens
- Vegetable juice cocktail



Ideas for Adding Vitamin C to Your Menu

Serve fruit or vegetables as the daily Vitamin C source most often. When juice is used to meet Vitamin C needs, offer juice naturally high in Vitamin C, such as orange, pineapple, or combination fruit juices. Minimize juice to one, 4 oz serving per day. Serve water at snack time as a beverage when foods from 2 other food groups are offered.

- Add kiwi and mandarin oranges to fruit cocktail or fruit salad.
- Serve pink grapefruit sections with breakfast.
- Make smoothies with frozen or fresh berries and citrus juice.
- Serve a grilled turkey-ham and cheese sandwich with pineapple slices.
- Introduce tropical fruits such as papaya, mango, lychees and passion fruit when discussing topics in geography, tropical rain forests, or island cultures.
- Add frozen/ fresh Chinese pea pods or snow peas to a stir-fry or Asian style noodles.
- Include cauliflower with other fresh vegetables on a relish tray with dip or dressing.
- Serve baked potatoes for school age snack with grated cheese and steamed vegetables.
- Serve V-8 or tomato juice over ice with a celery stirring stick as part of a snack.



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