

Foods With Vitamin C Nutrient

Different fruits and vegetables vary in the amount of vitamin C content they have. Five servings of fruits and vegetables daily will average to be about 200 mg of vitamin C. Some foods with vitamin C included are orange juice, grapefruit juice, tangerines, grapefruit and strawberries. Tomatoes, sweet red peppers, broccoli and potatoes also contain vitamin C nutrient. While vitamin C is available in many forms, any form you use is considered effective. The natural versus the synthetic vitamin C has been shown to be basically the same. Vitamin C is often called ascorbic acid. Because mineral salts of ascorbic acid are less acidic. Many people find them less irritating to the gastrointestinal tract than ascorbic acid. They are a class of water-soluble plant pigment that are often found in vitamin C rich fruits and vegetables. These are thought to serve as antioxidants. Studies have found that commercially available ascorbic acid and its Esters-C have very little difference. As with most other food and drugs, very large doses of vitamin C can create problems. These problems include birth defects, cancer rebound scurvy, excessive iron absorption. One study has shown that rancid fat molecules can react with vitamin C products and to form products that could potentially harm DNA. Many drugs are known to lower the vitamin C levels. In this case there would need to be an increase of vitamin C intake. High doses of vitamin C have also been found to interfere with the interpretation of some laboratory tests. Remember, all things in moderation and you will live a long and healthy life in the areas of life where you have control. Most things in life can be harmful when done to excess. Vitamin C is no different.

About the Author

The Nutrition Education for New Americans Project has lost its funding from. The nutritional and diabetes handouts are still available.

Source: <http://productsherbal.com>