



# nutrient function and food sources

## vitamin C

Vitamin C is an essential water-soluble vitamin that can be found in most tissues of the body. Vitamin C is also an important antioxidant and works to protect cells from damaging free radicals that may lead to certain eye diseases, including cataracts and AMD.

Many fruits and vegetables are excellent sources of vitamin C. See the table below for a list of good food sources of vitamin C.

### good food sources of vitamin C

FOOD	SERVING SIZE	VITAMIN C (MG)
Papaya	1 medium	188
Orange juice	6 ounces	93
Strawberries	1 cup (8 whole)	84
Grapefruit juice	6 ounces	70
Cantaloupe, cubed	1 cup	68
Mango	1 medium	57
Green peppers, raw	1/2 cup	45
Broccoli, raw	1/2 cup	41
Cauliflower, raw	1/2 cup	23
Tomato	1 medium	23

**RDA:**

90 mg/day for men  
75 mg/day for women  
+ 35 mg/day for smokers

Levels reported to provide  
eye health benefit:  
250 mg/day

Source: Clinical Nutrition Service, Warren Magnuson Grant Clinical Center and Office of Dietary Supplements, National Institutes of Health

vitamin E

vitamin C

lutein &  
zeaxanthin

beta-carotene

zinc