

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

A280.39
C762
Cop. 2

NOV 10 1966

CURRENT SERIAL RECORDS



FRUITS and VEGETABLES FOR VITAMIN C

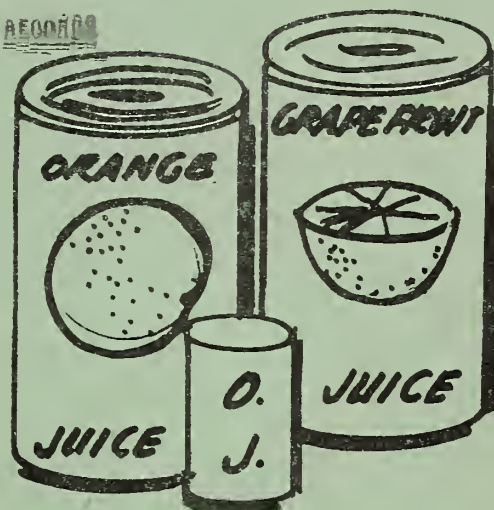
a good choice for the thrifty family

U. S. DEPT. OF AGRICULTURE
NATIONAL AGRICULTURAL LIBRARY

NOV 10 1966

CURRENT SERIAL RECORDS

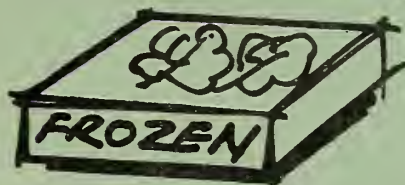
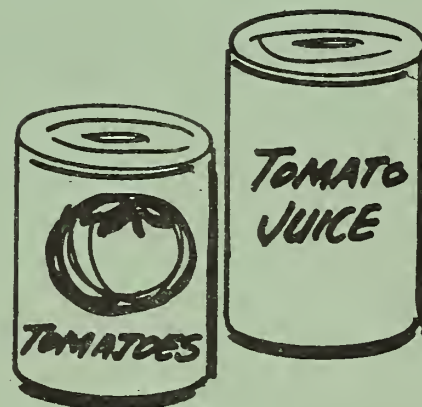
These Vitamin C
foods are almost
always good buys



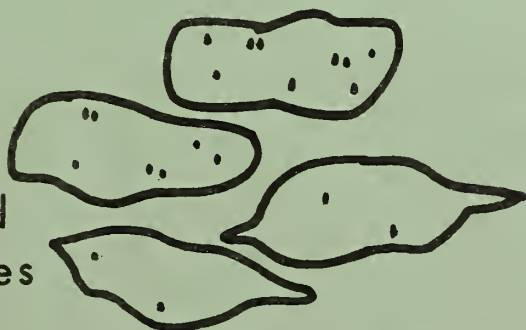
Canned or Frozen



Dark Leafy Greens



Potatoes and
Sweetpotatoes



Cabbage

EAT ONE OR MORE VITAMIN C FOODS EVERY DAY

C&MS-28

U.S. Department of Agriculture • Consumer and Marketing Service • Agricultural Research Service



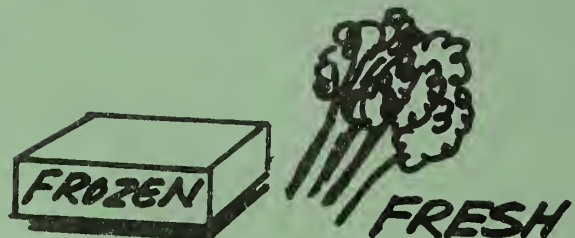
Some Vitamin C foods are Good Buys at certain times of the year



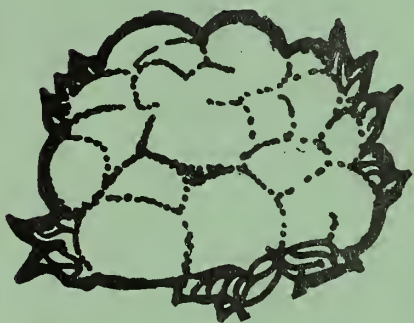
Cantaloup and Watermelon



Strawberries



Broccoli

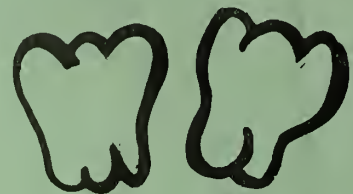


Cauliflower

Buy These
Foods When They
are Low in Cost



Brussels Sprouts



Red and Green Peppers



Oranges, Grapefruit and
other Citrus Fruits and Tomatoes



Asparagus

OVERCOOKING DESTROYS VITAMIN C



covered pan
little water



Watch the
Cooking Time



Serve
at once!

Green vegetables should be cooked just 'til tender!