

Vitamin C

The best sources and Top Tips

Jacket Potato (medium-large, 300g around 300 calories): ~35 mg of vitamin C

Carrot (medium, 60g): ~6 mg of vitamin C

Potatoes are a surprising source of vitamin C, but their content can vary depending on how they are cooked.

Orange (medium, ~130g): 70 mg of vitamin C, which is about 78% of the RDA for an adult.

Best Prep Tips

1. Avoid Peeling Before Cooking

The skin contains a significant amount of nutrients, including vitamin C, and helps prevent leaching of vitamins into water during cooking. Always cook potatoes with the skin on for maximum benefits.

2. Cook at Lower Temperatures

High heat can destroy vitamin C, so opt for gentler cooking methods. For example, bake at a moderate temperature (around 200°C/400°F).

3. Consume Freshly Cooked Potatoes

Vitamin C can degrade over time, so eating potatoes soon after cooking helps retain the highest levels of nutrients.

4. Pair with Complementary Foods

Eating potatoes with other vitamin C-rich foods, such as leafy greens or citrus-based dressings, can enhance overall nutrient intake.

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Best Way to Maximize Vitamins from Potatoes

Cooking Methods to Retain Vitamin C
Vitamin C is water-soluble and sensitive to heat, so the cooking method greatly affects how much is retained:

o**Baking** (Jacket Potato): Baking a potato with its skin on is one of the best ways to preserve vitamin C. The skin acts as a barrier, reducing nutrient loss.

o**Steaming**: If you're cooking potatoes without baking, steaming is a better option than boiling. It minimizes contact with water, reducing vitamin loss.

o**Microwaving**: Microwaving with minimal water is another effective method for retaining nutrients.

Additional Tips

• **Store potatoes in a cool, dark place to prevent vitamin C loss before cooking.**

• **Avoid frying, as it not only reduces vitamin content but also adds unhealthy fats. Air Frying also results in a greater loss of Vitamin C.**

By baking a potato with its skin on and consuming it fresh, you can maximize its vitamin C content while enjoying a nutritious and delicious meal!

Vitamin C benefits include helping form and maintain bones, cartilage, skin, and blood vessels. As an antioxidant, it also supports the immune system.