What Does Vitamin C Do?

- Vitamin C helps make collagen, which helps bind your cells together. In this way, vitamin C helps keep your gums healthy and aids in the healing of cuts and wounds.
- Vitamin C helps your body absorb iron. If you eat foods with vitamin C and iron at the same meal, your body absorbs up to three times more iron.
- Vitamin C is a powerful antioxidant. These nutrients help protect your cells from damage that can increase your risk of certain diseases, such as cancer.
- Vitamin C strengthens your immune system. However, research has not shown that high doses of vitamin C will prevent or cure the common cold.

How Much Vitamin C Do You Need?
The amount of vitamin C you need each day is measured in milligrams (mg). Here are guidelines for healthy, nonsmoking individuals:

- **Teenage Boys** (ages 14 to 18 years): 75 mg vitamin C per day
- **Teenage Girls** (ages 14 to 18 years): 65 mg vitamin C per day
  (80 mg if pregnant; 115 mg if breastfeeding)
- **Men** (ages 19 years and older): 90 mg vitamin C per day
- **Women** (ages 19 years and older): 75 mg vitamin C per day
  (85 mg if pregnant; 120 mg if breastfeeding)

If you smoke, you need at least an extra 35 mg of vitamin C each day.

How Much Vitamin C Is Too Much?
- For adults, the recommended daily limit for vitamin C is 2,000 mg.
- Excessive amounts of vitamin C from supplements may cause diarrhea.
- If you had kidney stones in the past, avoid large amounts of vitamin C supplements.

Source: American Dietetic Association
Ingredients:
1 tablespoon canola or corn oil
4 to 5 medium green onions, thinly sliced
4 cups cooked brown or white rice, chilled or at room temperature
2 tablespoons snipped fresh cilantro
1 tablespoon plus 1 1/2 teaspoons rice vinegar
1 tablespoon light soy sauce
1 teaspoon ground cumin
1/2 teaspoon sugar
1 cup frozen green peas
2 medium green onions, thinly sliced (optional)

Cooking Instructions
In a large nonstick skillet or wok, heat the oil over medium-high heat and swirl to coat the bottom. Cook the 4 to 5 green onions for 1 minute, or until fragrant, stirring occasionally.

Stir in the rice and cilantro. Cook for 2 minutes, or until heated, stirring constantly to separate the grains.

Stir in the rice vinegar, soy sauce, cumin, and sugar until well combined.

Stir in the peas. Cook for 2 to 3 minutes, or until the mixture is hot and the peas are heated through, stirring occasionally.

To serve, spoon onto plates. Garnish with the remaining green onions.

Cook’s Tip
For a dramatic presentation, sprinkle some black sesame seeds over the fried rice. Look for them at Asian markets and the international section of some grocery stores.