

THE POSSIBILITY OF SATISFYING VITAMIN C DAILY NEEDS BY CONSUMING FRESH ORANGE AND GRAPEFRUIT

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Abstract

Diet recommendations emphasize the importance of daily allowances of vitamin C, necessary for maintaining our health. Significant amounts of this vitamin can be found in citruses.

In this paper the content of vitamin C was examined in fresh orange and grapefruit which come from three locations (Spain, Greece, Turkey and Italy), and were bought in the area of Serbia. Determining vitamin C was done by a modified spectrophotometry method (at 515 nm), and afterwards via calculations a level of satisfying daily needs was determined by consuming fresh orange and grapefruit.

Acquired results show that the content of vitamin C varies depending on the origin and type of fruit. The largest amount of vitamin content was determined in the orange fruit originating from Spain (average value is 47.67 mg of vitamin C/100 cm³ juice). The fruit of grapefruit from Turkey had the largest amount of vitamin C (41.89 mg of vitamin C/100 cm³ fruit). Satisfying daily needs for this vitamin with most healthy, adult persons can be achieved foremost by consuming orange from Spain (men 189 g, women 157g daily). Consuming 100 g of grapefruit a day which comes from Italy or Turkey can satisfy 50% of needs for vitamin C with women, and with men a little less than a half (from 42 to 47%). With children aged 9 to 13 years, by taking around 100 g of orange or grapefruit a day can satisfy from 74 to 100% of the vitamin C needs.

Obtained results show that by consuming orange and grapefruit can completely satisfy the daily needs for vitamin C.

Key words: *Vitamin C, Daily needs, Orange, Grapefruit.*