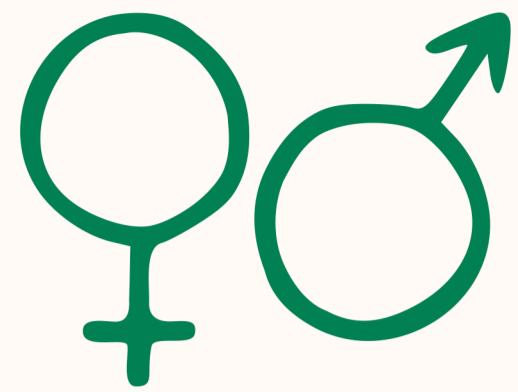




# Vitamin C



## What does it do?

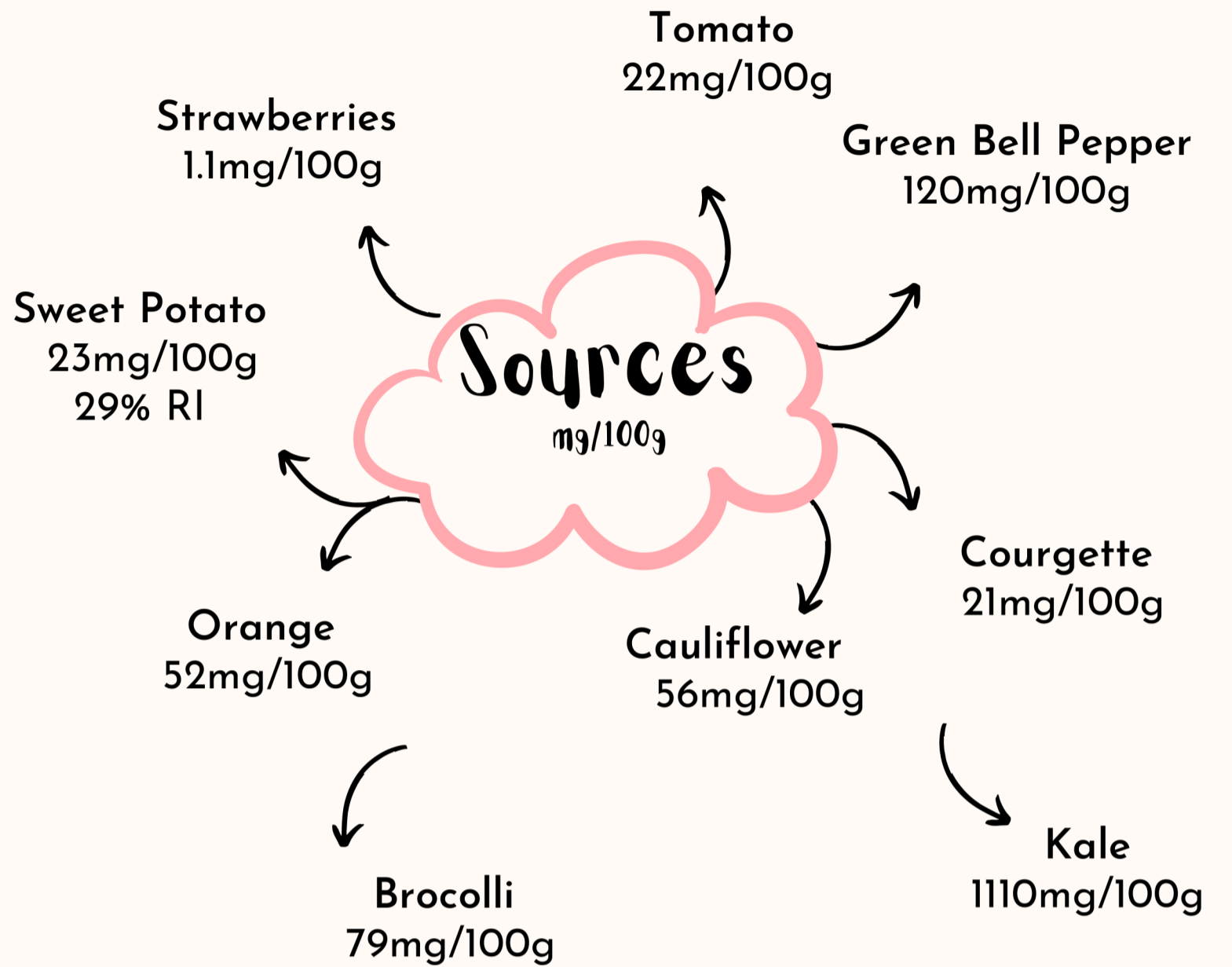
Performs antioxidant activities, removing free radicals from the body

Improves sperm quality, motility and ejaculate volume

Aids in regulating the menstrual cycle and promotes normal ovulation

Can lower the chance of birth defects

Helps with the absorption of non-haem iron (from plant foods such as dried apricots, beans, lentils etc)



## How much do I need?

RI - Females:  
40mg per day

RI - Males:  
40mg per day

Pregnancy

No evidence to suggest requirement needs to change, however to not exceed 2000mg

## Recipe Idea...

### Tofu Stir Fry

#### Ingredients

- 60g Broccoli
- 1/2 Red Pepper
- 1/2 Green Pepper
- 1/2 Carrot
- 150g Wholegrain Brown Rice
- 60g Satay Sauce
- 125g Firm Tofu
- 1 tbsp Sesame Oil

#### Method

- Soak and drain the rice, cook as per packet instructions
- Chop the broccoli, red and green pepper and carrot to roughly the same size
- Dice the tofu into small cubes
- In a pan, heat the sesame oil over a high heat
- Throw in the vegetables and stir fry until cooked through al dente
- Add the tofu for the last few minutes of cooking
- Stir through the satay sauce until evenly coated
- Plate up the brown rice and top with the tofu and vegetable mix to serve.

#### Per Portion

Kcals: 616  
Vitamin C: 46.8mg (117% RI)