

A histogram comparing the vitamin C content of various foods. Colour lithograph.

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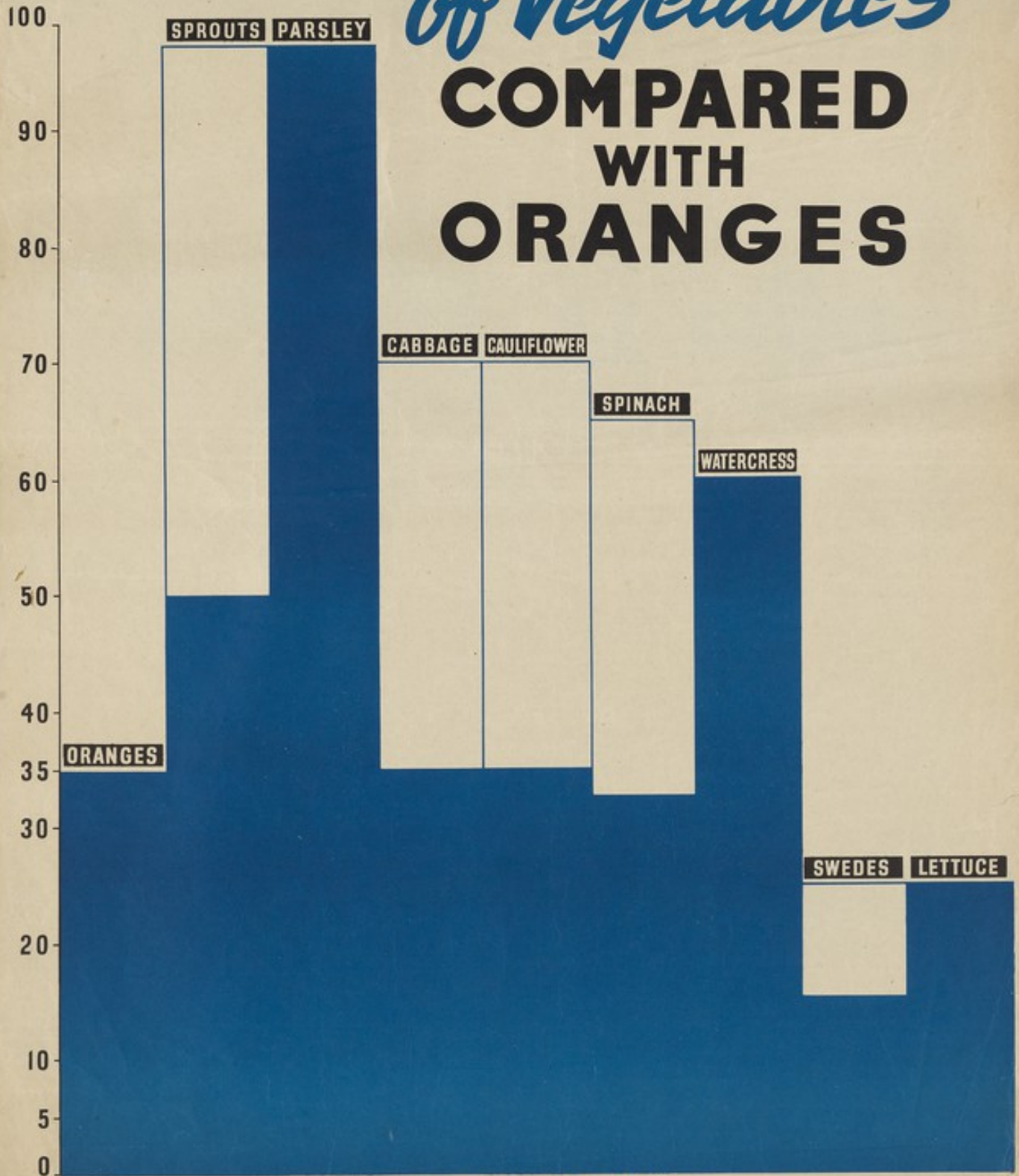
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VITAMIN 'C' CONTENT

of Vegetables

COMPARED WITH ORANGES



AMOUNT LOST IN COOKING

3½ ozs. ORANGE COMPARED WITH EQUAL QUANTITIES OF VEGETABLES