

# Alaska Berries Are Rich in Vitamin C

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Do berries help the body?  
What do apples do for the  
body?

These two questions were  
asked by Robert Hadley, a  
fifth grader at Kotzebue, when  
I visited his school recently.

Robert knew that apples  
and berries are both fruits,  
but he thought we ate apples  
to make our teeth white.

Actually, we inherit the  
color of our teeth from our  
families. The only way to  
keep them bright is by  
brushing them at least twice  
a day.

We eat apples because they  
taste good, of course, but also  
because they contain vitamin  
C, a chemical compound that  
helps us resist infection. The  
trouble is, apples have to  
come from other states so  
they cost more than the  
wonderful berries that grow  
in Alaska, free for the picking.

Alaska's berries have more  
vitamin C than apples. A good  
half cup of raw cloud berries or  
blueberries may have from two  
to 20 times as much of this  
vitamin as one small apple.

Why not pick as many Alaska  
berries as you can and store  
them in a cold place for good  
winter eating?

*(Send your questions about  
food to Ask Ethel, Tundra Times  
Box 1287, Fairbanks.)*