

# Sources of VITAMIN C on the Carnivore Diet

## Will you get scurvy on the carnivore diet?

Although the vitamin C contents of animal source foods are low as seen in the table below, you are unlikely to get scurvy on the carnivore diet because:

- (i) your demand for vitamin C is considerably lower due to a negligible carbohydrate intake when on the carnivore diet, and
- (ii) fresh animal food should provide you with sufficient vitamin C to prevent it.

Historical evidence also shows that meat-eaters don't get scurvy.

## Vitamin C contents of some animal foods

Vitamin C (mg/100g)	OX	Sheep	Hog	Chicken
Brain	16.6	15.4	18	33
Pituitary gland	126	139.6		
Testicle	30	34		
Thyroid	17	31.7		
Stomach	6.3	6.5		
Small intestine	18	20.2		
Large intestine	7.3	10.4		
Lymphatic ganglion	51	45.4		
Lung	18.2	12.6		
Skeletal muscle	1.6	2.55		4
Cardiac muscle	3.8	6.2	4	8
Smooth muscle	6.3	10.8		
Liver	20-37		19	28
Spleen	27.5	34		
Adrenal	97-140		146	153

Source: Collated from various sources, please read [Can You Get Scurvy on the Carnivore Diet? \(allthingscarnivore.com\)](http://allthingscarnivore.com) for more detail.

## Tips to Ensure Adequate Vitamin C Intake on the Carnivore Diet

- **Eat nose-to-tail.** Organ meats are packed with essential nutrients and have a much higher vitamin C content than muscle meat. By eating nose-to-tail, you are more likely to get sufficient vitamin C and other essential nutrients for your body's needs.
- **Eat both cooked and raw.** Vitamin C is heat sensitive and can be destroyed easily by cooking. It'd be great if you can eat raw and are able to get your food from safe sources. If you can't handle raw or are unsure about where your food comes from, try to cook lightly.
- **Eat from a wide variety of animal food sources.** Ruminant, poultry and pork organs are all good sources of vitamin C, and so are seafood such as fish roe and shellfish. By broadening your food choices, it's not only more fun but you are also more likely to get sufficient nutrients.