

Food Sources of **Vitamin C**

Food Sources of Vitamin C ranked by milligrams of vitamin C per standard amount.

<u>Food, Standard Amount</u>	<u>Vitamin C (mg)</u>
Guava, raw, ½ cup	188
Red sweet pepper, raw, ½ cup	142
Red sweet pepper, cooked, ½ cup	116
Kiwi fruit, 1 medium	70
Orange, raw, 1 medium	70
Orange juice, ¾ cup	61-93
Green pepper, sweet, raw, ½ cup	60
Green pepper, sweet, cooked, ½ cup	51
Grapefruit juice, ¾ cup	50-70
Vegetable juice cocktail, ¾ cup	50
Strawberries, raw, ½ cup	49
Brussels sprouts, cooked, ½ cup	48
Cantaloupe, ¼ medium	47
Papaya, raw, ¼ medium	47
Broccoli, raw, ½ cup	39
Broccoli, cooked, ½ cup	37
Sweet potato, canned, ½ cup	34
Tomato juice, ¾ cup	33
Cauliflower, cooked, ½ cup	28
Pineapple, raw, ½ cup	28
Kale, cooked, ½ cup	27
Mango, ½ cup	23

Source: Nutrient values from Agricultural Research Service (ARS) Nutrient Database for Standard Reference, Release 17.