

Vitamin C Content of Select Foods

| FOOD | VITAMIN C (mg) | FOOD | VITAMIN C (mg) |
|-----------------------------|-------------------|---------------------------|-------------------|
| Fruits* | | Vegetables* | |
| orange juice (1 c) | 124 | green peppers (½ c) | 95 |
| Kiwi (1) | 108 | cauliflower, raw (½ c) | 75 |
| grapefruit juice (1 c) | 94 | broccoli (½ c) | 70 |
| cranberry j. cocktail (1 c) | 90 | brussels sprouts (½ c) | 65 |
| orange (1) | 85 | collard greens (½ c) | 48 |
| Strawberries (1 c) | 84 | cauliflower, cooked (½ c) | 30 |
| cantaloupe (1/4) | 63 | potato (1) | 29 |
| grapefruit (1) | 51 | tomato (1) | 23 |
| Raspberries (1 c) | 31 | | |
| watermelon (1 c) | 15 | | |

*all fruit and vegetables and juices are fresh