

Best Sources of Vitamin C

Food	Milligrams	%DV
Red Peppers, 4 oz.	215	215
Bell Peppers, 4 oz.	185	185
Kiwi, 1 medium	165	165
Orange juice, 4 oz.	125	125
Broccoli, 1 cup	115	115
Apple juice, 1 cup	105	105
Green Peppers, 4 oz.	100	100
Brussels Sprouts, 1 cup	95	95
Grapefruit juice, 1 cup	95	95
Papaya, 1/2	94	94
Strawberries, 1 cup	85	85
Orange, medium	75	75
Mango, 1/2	60	60
Potato, baked	30	30

Tomato, medium	25	25
Spinach, raw, 1 cup	20	20
Spinach, cooked, 1 cup	15	15
Watermelon, 1 cup	15	15