



Vitamin C – Vegetables and Fruits

Required Vitamin C = 25 mg per meal

Food Item	Portion	Amount (mg)
Apple w/ skin	1 medium	8
Banana	1 medium	10
Broccoli	½ cup	50
Brussels Sprouts	½ cup	48
Cabbage	½ cup	28
Cantaloupe, fresh	½ cup	20
Cauliflower	½ cup	27.5
Green Pepper	½ cup	102
Honeydew Melon	½ cup	15
Kiwi	1 medium	64
Kale	½ cup	26
Mandarin Oranges, juice pack	½ cup	24
Mandarin Oranges, light syrup	½ cup	25
Orange	1 medium	60-80
Papaya	½ cup	43
Persimmon, fresh	1 medium	13
Pineapple, fresh or canned	½ cup	12
Strawberries	½ cup	42
Tangerine	1 medium	20
Tropical Fruit Salad, canned, light syrup	½ cup	13

Source: [FoodData Central \(usda.gov\)](https://fooddatacentral.usda.gov/)

