



## Vitamin C Food Chart:

### *Top Natural Sources*

Food	Serving Size	Vitamin C (mg)	% Daily Value
Acerola Cherries	1 cup, raw	825 mg	916%
Guava	1 raw fruit	126 mg	140%
Red Bell Pepper	1 cup, raw	190 mg	211%
Strawberries	1 cup, sliced	85 mg	94%
Kiwi	1 medium	64 mg	71%
Orange	1 medium	70 mg	78%
Pineapple	1 cup, chunks	79 mg	88%
Broccoli	1 cup, cooked	81 mg	90%
Mango	1 cup, sliced	60 mg	67%
Lemon (juice)	1 fruit	30 mg	33%