

High Vitamin C Foods

Food	Serving (Imperial)	Serving (Metric)	Vitamin C Amount (mg)	% RDA (DV)
Peppers, sweet red	1/2 cup	75 g	95	106%
Orange juice	3/4 cup	180 ml	93	103%
Orange	1 medium	200 g	70	78%
Kiwifruit	1 medium	70 g	64	71%
Bell Pepper, Green	1/2 cup	75 g	60	67%
Broccoli, cooked	1/2 cup	85 g	51	57%
Strawberries	1/2 cup	80 g	49	54%
Brussels Sprouts	1/2 cup	80 g	48	53%
Broccoli, raw	1/2 cup	85 g	39	43%
Cantaloupe	1/2 cup	80 g	29	32%
Cabbage	1/2 cup	45 g	28	31%
Cauliflower, raw	1/2 cup	56 g	26	29%
Potato, baked	Small	140 g	17	19%
Tomato, raw	1 medium	120 g	17	19%
Spinach, cooked	1/2 cup	90 g	9	10%
Green peas, frozen, cooked	1/2 cup	80 g	8	9%

Adult U.S.RDA (Recommend Dietary Allowance)

90 mg Male

75 mg Female