

Vitamin C Foods

- Values based on information from USDA Nutrient Data Base April 2018. Numbers are rounded to the nearest whole number.
- Consuming Vitamin C containing foods with plant sources of iron (beans, grains, vegetables and fruits) will help the body absorb more iron.
- This is a listing of some of the food sources of Vitamin C. There are more Vitamin C containing foods.

	Child Serving Size	Vitamin C Content	Adult Serving Size	Vitamin C Content
Applesauce - <i>canned, unsweetened with added ascorbic acid</i>	1/4 cup	13 mg	1/2 cup	26 mg
Avocados - <i>pureed</i>	1/4 cup	6 mg	1/2 cup	12 mg
Blackberries	1/4 cup	8 mg	1/2 cup	15 mg
Broccoli - <i>cooked, chopped</i>	1/4 cup	25 mg	1/2 cup	51 mg
- <i>raw, chopped</i>	1/4 cup	20 mg	1/2 cup	41 mg
Brussels Sprouts - <i>fresh, cooked, boiled</i>	1/4 cup	24 mg	1/2 cup	48 mg
Cabbage - <i>shredded, cooked</i>	1/4 cup	14 mg	1/2 cup	28 mg
- <i>raw, chopped</i>	1/4 cup	8 mg	1/2 cup	16 mg
Cantaloupe - <i>raw, balls</i>	1/4 cup	16 mg	1/2 cup	33 mg
Cauliflower - <i>cooked, boiled, 1" pieces</i>	1/4 cup	14 mg	1/2 cup	28 mg
- <i>raw, chopped, 1/2" pieces</i>	1/4 cup	13 mg	1/2 cup	26 mg
Clementines	1/2	18 mg	1 whole	36 mg
Grapefruit - <i>sections, canned, juice pack, solids, liquids</i>	1/4 cup	21 mg	1/2 cup	42 mg
- <i>raw, pink, red and white varieties, sections</i>	1/4 cup	20 mg	1/2 cup	40 mg
Guava	1/4 cup	94 mg	1/2 cup	188 mg
Honeydew Melon - <i>diced (about 20 pieces per cup)</i>	1/4 cup	8 mg	1/2 cup	15 mg
Kale - <i>raw, 1" pieces, loosely packed</i>	1/4 cup	5 mg	1/2 cup	10 mg
Kiwi Fruit - <i>sliced</i>	1/4 cup	42 mg	1/2 cup	83 mg
Kohlrabi - <i>raw</i>	1/4 cup	21 mg	1/2 cup	42 mg
Mandarin Oranges - <i>canned, juice pack</i>	1/4 cup	21 mg	1/2 cup	43 mg

	Child Serving Size	Vitamin C Content	Adult Serving Size	Vitamin C Content
Mangos - raw, pieces	1/4 cup	15 mg	1/2 cup	30 mg
Oranges - raw, sections	1/4 cup	24 mg	1/2 cup	48 mg
Papayas - raw, cut in 1" pieces	1/4 cup	22 mg	1/2 cup	44 mg
Peas - edible, podded, raw, chopped	1/4 cup	15 mg	1/2 cup	29 mg
- green, cooked	1/4 cup	6 mg	1/2 cup	11 mg
Peppers - sweet, green, (raw, chopped)	1/4 cup	30 mg	1/2 cup	60 mg
- sweet, red, (raw, chopped)	1/4 cup	48 mg	1/2 cup	95 mg
- sweet, yellow, (raw, chopped)	1/4 cup	78 mg	1/2 cup	156 mg
Pineapple - canned, solids and juice, juice pack	1/4 cup	6 mg	1/2 cup	12 mg
- raw, chunks	1/4 cup	20 mg	1/2 cup	39 mg
Potatoes - white, flesh and skin, baked	1/4 large	9 mg	1/2 large	19 mg
Raspberries	1/4 cup	8 mg	1/2 cup	16 mg
Strawberries - raw, halves	1/4 cup	22 mg	1/2 cup	45 mg
Spinach - canned, drained solids	1/4 cup	8 mg	1/2 cup	15 mg
Spinach - raw	1/4 cup	2 mg	1/2 cup	4 mg
Squash - winter, all varieties, cooked, baked, cubes	1/4 cup	5 mg	1/2 cup	10 mg
Squash - summer, cooked	1/4 cup	5 mg	1/2 cup	10 mg
Sweet Potato - cooked, baked in skin, flesh only	1/4 cup	10 mg	1/2 cup	20 mg
Tomatoes - canned, stewed, red	1/4 cup	5 mg	1/2 cup	10 mg
Tomatoes - raw, red, large (3" diameter)	1/4 tomato	6 mg	1/2 tomato	12 mg
Turnips - cooked, boiled cubes	1/4 cup	5 mg	1/2 cup	9 mg
Watermelon - diced	1/4 cup	3 mg	1/2 cup	6 mg

Juices	Child Serving Size	Vitamin C Content	Adult Serving Size	Vitamin C Content
Grapefruit	¼ cup	24 mg	½ cup	47 mg
Orange	¼ cup	31 mg	½ cup	62 mg
Tomato - <i>canned</i>	¼ cup	42 mg	½ cup	85 mg
Vegetable Juice	¼ cup	34 mg	½ cup	69 mg

Recommended Dietary Allowances and Adequate intakes for Vitamin C	
Age	Vitamin C (mg/day)
Infants	
0-6 months	40
6-12 months	50
Children	
1-3 years of age	15
4-8 years of age	25
9-13 years of age	45
Females	
14-18 years of age	65
19+ years of age	75
Males	
14-18 years of age	75
19+ years of age	90
Pregnant Women	
14-18 years of age	80
19+ years of age	85
Breastfeeding Women	
14-18 years of age	115
19+ years of age	120

Individuals who smoke require 35 mg/day more Vitamin C than nonsmokers.

Sources:

Dietary Reference Intakes (DRIs) developed by the Food and Nutrition Board (FNB) at the Institute of Medicine (IOM) of the National Academies.

Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids (2000). These reports may be accessed via www.nap.edu

This provides general nutrition information; medical advice should be obtained from a healthcare professional.