

Vitamin C

Fruits & Vegetables that are High in Vitamin C

Fruits and vegetables that contain 12 mg or more vitamin C per reference amount (20% of the Daily Value per reference amount) qualify to carry the label “high in vitamin C.”

Apricots	Melon, Honeydew
Beans, Yellow Snap	Okra
Bell Pepper	Onion
Blackberries	Orange
Broccoli	Papaya
Brussels Sprouts	Pepper, Le Rouge Royale
Cabbage, Green	Pineapple
Cabbage, Pe-Tsai	Potato
Cabbage, Red	Prickly Pears
Cantaloupe	Pummelo
Carambola	Radishes
Cauliflower	Raspberries
Cauliflower, Green	Rutabagas
Collard Greens	Spinach
Chili Pepper, Hot	Squash, Summer
Gooseberries	Strawberries
Grapefruit	Sweet Potato
Guavas	Tangerines
Kiwifruit	Tomato
Lemon	Watermelon
Lime	

Fruits & Vegetables that Provide a Good Source of Vitamin C

Fruits and vegetables that contain 6 mg to less than 12 mg vitamin C per reference amount (10-19% of the Daily Value per reference amount) qualify to carry the label “good source of vitamin C.”

Artichoke	Cucumber
Asparagus	Green Beans
Banana	Mango
Blueberries	Nectarines
Carrot	Peaches
Celery	Pear
Cherries, Sweet	Plums
Corn	