

The vitamin C content of common foods, based on content and serving size*

Food	Vitamin C content (mg/100 g)	Vitamin C per serving* (mg)	Rating as a source of vitamin C per serve
Guava	183	165	exceptional
Kiwifruit, Sungold	160	145	exceptional
Capsicum	180	95	exceptional
Kiwifruit, green	65 to 90	50 to 74	exceptional
Orange	53	70	excellent
Mango	28	57	excellent
Broccoli	90	51	excellent
Grapefruit	34	44	excellent
Brussels sprouts	80	40	excellent
Persimmon	40	40	excellent
Watermelon	10	27	very good
Mandarin	31	26	very good
Stir fry vegetables	Variable	15-30	very good
Tamarillo	31	22	very good
Tomato	19	23	very good
Cabbage greens	30	20	very good
Feijoa	31	16	very good
Raspberries	26	16	very good
Plums	15	16	very good
Bean sprouts	10-30	10-15	very good
Blueberries	11	14	good
Spinach, cooked	18	14	good
Pineapple	15	13	good
Banana	9	11	good
Pumpkin, cooked	5	10	good
Strawberry	57	7	low
Potato, boiled	6	7	low
Potato, fries	9	6	low
Apple	6	8	low
Pear	5	6	low
Grape	11	6	low
Carrot	9	5	low
Lettuce	4	4	low
Cucumber	3	1	poor
Avocado	8	2	poor
Onion	7	1	poor
Cow's milk (fresh)	2	0	nil
Cheese	0	0	nil
Nuts	0	0	nil

Grains	0	0	nil
Rice	0	0	nil
Seeds (inc peas and beans)	0	0	nil
Alcoholic drinks Beer, wine, spirits	0	0	nil
Meat – beef	0	0	nil
Meat – chicken	0	0	nil
Fish	0	0	nil
Bread	0	0	nil
Eggs	0	0	nil
Mushrooms	0	0	nil
Yoghurt, plain	0	0	nil
Yoghurt, fruit flavoured	<2	<1	nil
All carbonated drinks	0	0	nil
Pizza, cooked	<2	<1	nil
Breakfast Cereals	Variable- product can be fortified	0-20	0 in cereals, but added to some
Potato chips	Variable – product can be fortified	0-10	0 in plain chips, but added to some
Commercial fruit juices	Variable – is often added in post-production	0-70	Added in to some preparations post-production

* One serving is defined as the amount normally eaten and varies for different food types, e.g. one slice of watermelon or avocado, two mandarins, ½ cup cooked vegetables, ½ cup grapes.

†Data in this table are taken from The Natural Food Hub 2001. URL:

http://www.naturalhub.com/natural_food_guide/fruit_vitamin_c.htm and U.S. Department of Agriculture, A.R.S., 2011. USDA National Nutrient Database for Standard Reference, Release 24.