

## VITAMIN C

The Recommended Dietary Allowance (RDA) varied with age and gender. 90 mg are recommended for adult men and 75 mg are recommended for adult women.

### Foods Containing the Highest Levels of Vitamin C (Vit C mg per 100 grams of food)

- **Note: Only Fruits and Vegetables are found to contain Vitamin C. This is the only food list compiled.**

**Data Source:** USDA National Nutrient Database for Standard Reference 28 Software v.3.8.6.5 2018-02-04

#### Food Groups Included:

- American Indian/Alaska Native Foods and Wild Foods Tested
- Fruits and Fruit Juices;
- Vegetables

#### Food Groups Excluded:

- Beef Products
- Dairy and Egg Products
- Lamb, Veal, and Game Products
- Legumes and Legume Products
- Nut and Seed Products
- Pork Products
- Poultry Product
- Prepared Foods

**Ordered by:** Nutrient Content from Highest to Lowest

**Date:** April, 2018

Description	Vitamin C, total ascorbic acid(mg) Per 100 g
Rose Hips, wild (Northern Plains Indians)	426
Peppers, hot chili, green, raw	242.5
Guavas, common, raw	228.3
Peppers, sweet, yellow, raw	183.5
Currants, european black, raw	181
Orange juice, frozen concentrate, unsweetened	144.8
Peppers, hot chili, red, raw	143.7
Parsley, fresh	133
Mustard spinach, (tendergreen), raw	130
Kale, scotch, raw	130
Peppers, sweet, red, raw	127.7
Kale, raw	120
Grapefruit juice, frozen concentrate, unsweetened	119.8

Peppers, jalapeno, raw	118.6
Broccoli, raw	93.2
Kiwifruit, green, raw	92.7
Cauliflower, green, raw	88.1
Brussels sprouts, raw	85
Pepper, banana, raw	82.7
Peppers, sweet, green, raw	80.4
Mustard greens, raw	70
Cress, garden, raw	69
Persimmons, native, raw	66
Kohlrabi, raw	62
Papayas, raw	60.9
Turnip greens, raw	60
Peas, edible-podded, raw	60
Oranges, raw, navels	59.1
Strawberries, raw	58.8
Chives, raw	58.1
Cabbage, red, raw	57
Lemons, raw, without peel	53
Clementines, raw	48.8
Goji berries, dried	48.4
Cauliflower, raw	48.2
Dock, raw	48
Pineapple, raw, all varieties	47.8
Cabbage, chinese (pak-choi), raw	45
Kumquats, raw	43.9
Amaranth leaves, raw	43.3
Watercress, raw	43
Peas, green, raw	40
Seaweed, laver, raw	39
Beans, kidney, mature seeds, sprouted, raw	38.7
Lemon juice, raw	38.7