

HIGH VITAMIN C FOODS



Brussels sprouts
130 mg/110 g serve



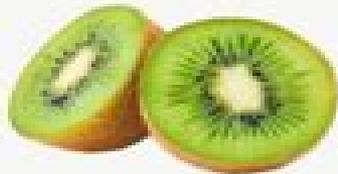
orange
90 mg/165 g serve



bell peppers
90 mg/50 g serve



broccoli
80 mg/100 g serve



kiwi fruit
80 mg/76 g serve



grapefruit
80 mg/240 g serve



cauliflower
70 mg/115 g serve



strawberries
60 mg/82 g serve



kale
60 mg/45 g serve



mango
50 mg/130 g serve



cabbage
40 mg/97 g serve



bananas
40 mg/440 g serve

Vitamin C Updated

Minjie Lin



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