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Vitamin C (ascorbic acid) is an essential nutrient that helps boost immunity, improve skin health, and enhance iron absorption. Here's a quick guide to the best sources of Vitamin C.

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## Top 15 Fruits High in Vitamin C

Fruit	Vitamin C (mg per 100g)
Guava	228 mg
Kakadu Plum (Australian)	2,300 mg
Acerola Cherry	1,678 mg
Blackcurrants	181 mg
Kiwi (Green and Gold)	92-161 mg
Strawberries	59 mg
Oranges	53 mg
Papaya	60 mg
Pineapple	48 mg
Mango	36 mg
Lemon	53 mg
Grapefruit	38 mg
Cantaloupe Melon	36 mg
Raspberries	26 mg

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<b>Fruit</b>	<b>Vitamin C (mg per 100g)</b>
Watermelon	8 mg

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## **Top 10 Vegetables High in Vitamin C**

<b>Vegetable</b>	<b>Vitamin C (mg per 100g)</b>
Red Bell Peppers	128 mg
Green Bell Peppers	80 mg
Kale	93 mg
Broccoli	89 mg
Brussels Sprouts	85 mg
Cauliflower	48 mg
Spinach (Raw)	28 mg
Tomatoes	23 mg
Cabbage	37 mg
Sweet Potatoes	24 mg

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## **Herbs and Spices**

<b>Herb/Spice</b>	<b>Vitamin C (mg per 100g)</b>
Parsley (Fresh)	133 mg
Cilantro	27 mg
Chili Peppers	242 mg
Thyme (Fresh)	160 mg

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## **Beverages High in Vitamin C**

<b>Drink</b>	<b>Vitamin C (mg per 100ml)</b>
Orange Juice (Fresh)	50 mg
Acerola Cherry Juice	1,600 mg

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<b>Drink</b>	<b>Vitamin C (mg per 100ml)</b>
Pineapple Juice	43 mg
Lemon Juice (Fresh)	38 mg

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## Quick Facts About Vitamin C

- Recommended Daily Intake (RDI):
  - Men (19+ years): 90 mg/day
  - Women (19+ years): 75 mg/day
  - Pregnant Women: 85 mg/day
  - Children (1-8 years): 15-25 mg/day
- Benefits:
  - Boosts immunity
  - Promotes collagen production (healthy skin)
  - Enhances iron absorption
  - Acts as an antioxidant

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## Tips for Maximum Vitamin C Absorption

1. Eat raw fruits and vegetables – Cooking can reduce vitamin C content by up to 50%.
2. Steam or microwave vegetables to preserve nutrients.
3. Store fruits/vegetables properly – Vitamin C degrades when exposed to light and air.
4. Combine with iron-rich foods to enhance iron absorption.

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## Did You Know?

- Red bell peppers have more vitamin C than oranges!
- Frozen fruits and vegetables retain most of their vitamin C content.
- Smokers need 35 mg more vitamin C daily due to increased oxidative stress.