

# Sources of vitamin C

Vitamin C is a water-soluble vitamin involved in collagen formation, protein metabolism, bone development, wound healing, iron absorption and immune function. It is also an antioxidant that protects cells from harmful free radicals and tissue damage.



## Recommended Daily Intake (RDI) for vitamin C



19+ male  
45 mg/day



19+ female  
45 mg/day



Pregnancy  
60 mg/day



Lactation  
85 mg/day

Food (serving size)	Vitamin C (ascorbic acid) (mg)
<b>Capsicum, red</b> (150g, 1 cup chopped)	258
<b>Guava</b> (90g, 1 medium)	219
<b>Capsicum, green raw</b> (150g, 1 cup chopped)	135
<b>Kiwifruit, zespri sungold, raw</b> (81g, 1 medium)	131
<b>Grapefruit</b> (260g, 1 whole fruit)	93
<b>Strawberries</b> (144g, 1 cup)	90
<b>Papaya</b> (small, 1 cup cubed)	85
<b>Orange</b> (160g, 1 medium)	84
<b>Kale, raw</b> (67g, 1 cup chopped)	80
<b>Pineapple</b> (1 cup chopped)	79
<b>Brussel sprouts, cooked</b> (1 cup)	74
<b>Cabbage red, raw</b> (1 cup, chopped)	69
<b>Kiwifruit, green, peeled</b> (76g 1 medium)	66
<b>Rockmelon</b> (156g, 1 cup diced)	57
<b>Lemon, raw, peeled</b> (1 medium)	48
<b>Snow peas, fresh, raw</b> (100g, 1 cup chopped)	46
<b>Broccoli, raw</b> (½ cup)	38
<b>Sweet potato, peeled &amp; baked</b> ( 115g, 1 medium)	30
<b>Mandarin</b> (75g, 1 medium)	21
<b>Cauliflower, raw</b> (1 cup, chopped)	26
<b>Tangerine</b> (1 medium)	24
<b>Tomato</b> (152g, 1 large)	21
<b>Potato, pale skin, peeled &amp; boiled</b> (1 medium)	19
<b>Passionfruit</b> (60g, 3 medium)	15
<b>Banana, sugar or lady finger</b> (1 medium)	15

Vitamin C content may be affected by location, season, transport, storage time, shelf life, cooking practices and chlorination of water. Bruising, cutting, heating and exposure to copper, iron or mildly alkaline conditions may also destroy ascorbate. It may also be leached into water during cooking.