

## Food Sources of Vitamin C

### Information about Vitamin C (Ascorbic Acid)

- Vitamin C is a water-soluble vitamin. It is not stored in large amounts in the body. Any extra amount is lost through the urine. You need to include vitamin C rich foods in your diet every day.
- Vitamin C is important for growth and repair of bones, teeth, skin and other tissues.
- Vitamin C has many other roles in the body and can also:
  - Increase your body's absorption of iron from plant-based foods.
  - Help to prevent cell damage and may reduce your risk for certain cancers and other chronic diseases.
  - Protect you from infections by keeping your immune system healthy.
- Taking high doses of vitamin C has not been proven to prevent colds. It may cause digestive problems.

### How Much Vitamin C Should I Aim For?

- Most people can get enough vitamin C by eating a healthy diet. The following table shows you how much vitamin C you need.
- If you smoke you need an extra 35 milligrams (mg) of vitamin C per day.

<i>Age in years</i>	<i>Aim for an intake of mg/day</i>	<i>Stay below* mg/day</i>
Men 19 and older	90	2000
Women 19 and older	75	2000
Pregnant Women 19 and older	85	2000
Breastfeeding Women 19 and older	120	2000

\*This amount includes sources of vitamin C from food and supplements

Vegetables and fruit are the best sources of vitamin C. The following table shows you which foods are sources of vitamin C.

<i>Food</i>	<i>Serving size</i>	<i>Vitamin C (mg)</i>
<i>Vegetables and Fruit</i>		
<i>Vegetables</i>		
Peppers (red, yellow), raw or cooked	125 mL (½ cup)	123-166
Green peppers, raw	125 mL (½ cup)	63
Broccoli, cooked or raw	125 mL (½ cup)	39-54
Brussels sprouts, cooked	125 mL (4 sprouts)	38-52
Kohlrabi, cooked	125 mL (½ cup)	47
Balsalm pear/bitter melon	125 mL (½ cup)	45
Cabbage, red, raw	250 mL (1 cup)	42
Snow peas, cooked	125 mL (½ cup)	41
Cauliflower, raw or cooked	125 mL (½ cup)	25-30
Amaranth leaves, cooked	125 mL (½ cup)	29
Kale, cooked	125 mL (½ cup)	28
Potato, sweet potato, with skin, cooked	1 medium	17-27
Rapini, cooked	125 mL (½ cup)	24
Bok choy, cooked	125 mL (½ cup)	23
Asparagus, frozen, cooked	6 spears	22

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Turnip greens, cooked	125 mL (½ cup)	21
Snow peas, raw	125 mL (½ cup)	20
Cabbage, cooked	125 mL (½ cup)	16
Tomato, raw	1 medium	16
Tomato sauce, canned	125 mL (½ cup)	15
<i>Fruit</i>		
Guava	1 fruit	206
Papaya	½ fruit	94
Kiwifruit	1 large	84
Orange	1 medium	70
Lychee	10 fruits	69
Strawberries	125 mL (½ cup)	52
Grapefruit (pink,red)	½ fruit	38
Clementine	1 fruit	36
Cantaloupe	125 mL (½ cup)	31
Pineapple	125 mL (½ cup)	30
Mango	½ fruit	29
Avocado, Florida	½ fruit	26
Soursop	125 mL (½ cup)	25
Tangerine/mandarin	1 fruit	22
Raspberries	125 mL (½ cup)	17

Persimmon	1 fruit	17
<i>Juice</i>		
Juice (orange, grapefruit)	125 mL (½ cup)	50-51
Apricot nectar	125 mL (½ cup)	44
Juice (apple, pineapple, grape), vitamin C added	125 mL (½ cup)	23-42
Fruit and vegetable cocktail	125 mL (½ cup)	35-40
Guava nectar	125 mL (½ cup)	26
<i>Grain Products</i>	This food group contains very little of this nutrient.	
<i>Milk and Alternatives</i>	This food group contains very little of this nutrient.	
<i>Meat and Alternatives</i>	This food group contains very little of this nutrient.	

*Source:* "Canadian Nutrient File" [www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php). [Accessed July 12 2009].



## Notes

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