













Foods High in Vitamin C

Fruits		Vegetables	
Blueberries		Bok Choy	
Blackberries		Broccoli	
Cantaloupe		Brussels Sprouts	
Grapefruit		Cabbage	
Honey Dew Melon		Cauliflower	
Kiwi		Collard Greens	
Mango		Kale	
Lemons		Kohlrabi	
Limes		Mustard Greens	
Oranges		Peppers – Sweet and Hot	
Papaya		Potatoes (Fresh)	
Pineapple		Spinach	
Raspberries		Swiss Chard	
Strawberries		Tomatoes	
Watermelon		Zucchini	

Deborah Hanyon MPH, RDN, ACE-CHC - Homeschooling Dietitian Mom - 2019

Images by [Whimsy Clips](#)