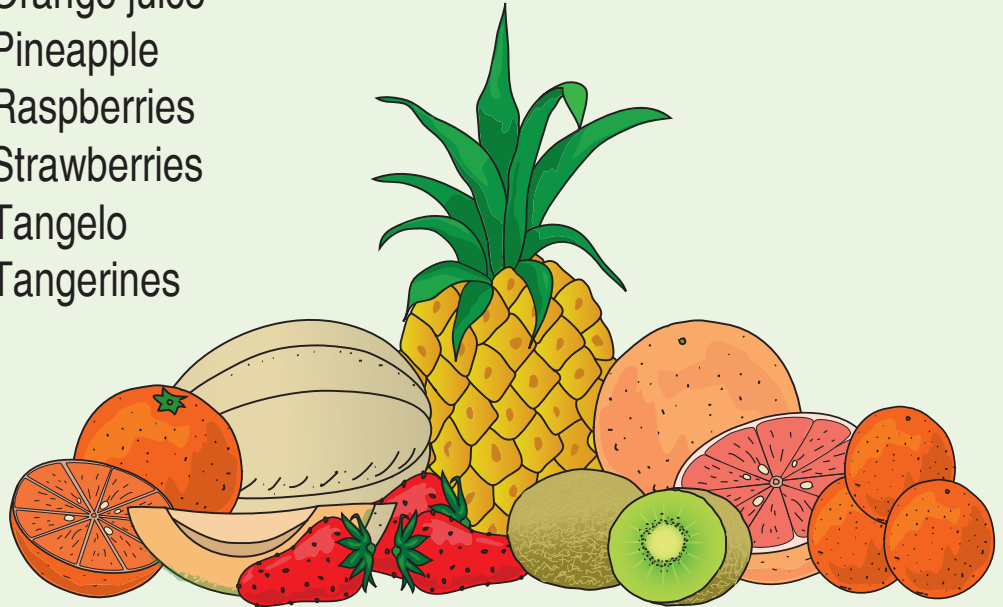


Good Sources of Vitamin C

Fruit

- Cantaloupe
- Grapefruit
- Guava
- Kiwi
- Mandarin oranges
- Mango
- Orange
- Orange juice
- Pineapple
- Raspberries
- Strawberries
- Tangelo
- Tangerines



Vegetables

- Asparagus
- Broccoli
- Cabbage
- Cauliflower
- Kale
- Mustard greens
- Peppers
- Romaine lettuce
- Spinach
- Sweet Potatoes
- Tomatoes

