



Vegetables and fruits are the best sources of vitamin C

The Caring for Children Guidelines

Raw vegetables and fruit are high in Vitamin C, serve with a non-meat meal.

Best sources of Vitamin C

Vegetables



Capsicum



Broccoli



Brussel Sprouts



Tomatoes



Cauliflower



Collards



Potatoes
(with skin)



Kale



Red Cabbage



Snow Peas



Asparagus



Turnip Greens



Sweet Potato



Bok Choy

Fruits



Pawpaw



Kiwi Fruit



Guava



Blueberries



Mango



Blackberries



Orange



Raspberries



Lychee



Persimmon



Pineapple



Strawberries



Rockmelon



Avocado



Grapefruit



Mandarin