

Foods highest in

Vitamin C

"Day%" is the % of the amount required each day; this is in "oz" (ounces) of each food. "oz" of each food is the amount that contains 100 calories. "Score" is total of all nutrient score - 165 is average.

"Day%" is based upon a

90 mg

nominal daily value.

| <u>Food</u> | <u>Day%</u> | <u>Score</u> | <u>oz</u> | <u>gms</u> | <u>Food</u> | <u>Day%</u> | <u>Score</u> | <u>oz</u> | <u>gms</u> |
|----------------------------|-------------|--------------|-----------|------------|-------------------------------|-------------|--------------|-----------|------------|
| Acerola West Indian cherry | 5825% | 5971 | 11.0 | 313 | Podded peas | 159% | 492 | 8.4 | 238 |
| Red bell peppers | 546% | 1071 | 13.6 | 385 | Romaine lettuce | 157% | 1566 | 20.7 | 588 |
| Green bell peppers | 447% | 738 | 17.6 | 500 | Orange peel | 156% | 274 | 3.6 | 103 |
| Watercress | 434% | 2843 | 32.1 | 909 | Beet greens | 152% | 1964 | 16.0 | 455 |
| Lemons, with peel | 428% | 716 | 17.6 | 500 | Sprouted kidney beans | 148% | 610 | 12.2 | 345 |
| Parsley | 410% | 2925 | 9.8 | 278 | Purslane | 146% | 855 | 22.0 | 625 |
| Pimento, canned | 410% | 884 | 15.3 | 435 | Spinach | 136% | 2601 | 15.3 | 435 |
| Chili peppers | 399% | 693 | 8.8 | 250 | Green leaf lettuce | 133% | 1957 | 23.5 | 667 |
| Chinese cabbage (bok choy) | 385% | 1749 | 27.1 | 769 | Collards | 131% | 1611 | 11.8 | 333 |
| Guavas | 373% | 526 | 5.2 | 147 | Coriander (cilantro) leaves | 130% | 1762 | 15.3 | 435 |
| Broccoli stalks | 370% | 764 | 12.6 | 357 | Oranges | 126% | 205 | 7.5 | 213 |
| Balsam-pear (bitter gourd) | 326% | 1072 | 11.8 | 333 | Orange juice | 123% | 176 | 7.8 | 222 |
| Swamp cabbage | 322% | 1506 | 18.6 | 526 | Cantaloupe | 120% | 395 | 10.4 | 294 |
| Lemon peel | 305% | 479 | 7.5 | 213 | Sprouted kidney beans, cooked | 120% | 545 | 10.7 | 303 |
| Mustard greens | 299% | 2403 | 13.6 | 385 | Tomato juice | 120% | 401 | 20.7 | 588 |
| Broccoli | 292% | 748 | 10.4 | 294 | Grapefruit | 119% | 228 | 11.0 | 313 |
| Kale | 267% | 1747 | 7.1 | 200 | Zucchini | 118% | 553 | 22.0 | 625 |
| Kohlrabi | 255% | 510 | 13.1 | 370 | Summer squash | 118% | 546 | 22.0 | 625 |
| Garden cress | 240% | 1639 | 11.0 | 313 | Chicory greens | 116% | 1726 | 15.3 | 435 |
| Coriander leaf, dried | 226% | 913 | 1.3 | 36 | Clementines | 115% | 167 | 7.5 | 213 |
| Dill weed | 220% | 1166 | 8.2 | 233 | Grapefruit juice | 108% | 187 | 9.0 | 256 |
| Brussels sprouts | 220% | 692 | 8.2 | 233 | Orange juice, California | 108% | 190 | 8.0 | 227 |
| Chives | 215% | 1205 | 11.8 | 333 | Limes | 108% | 222 | 11.8 | 333 |
| Turnip greens | 208% | 1791 | 11.0 | 313 | Radishes | 103% | 356 | 22.0 | 625 |
| Lambsquarters, raw | 207% | 1219 | 8.2 | 233 | Broccoli raab | 102% | 1267 | 16.0 | 455 |
| Cauliflower | 206% | 566 | 14.1 | 400 | Orange juice,concentrate | 96% | 138 | 2.2 | 63 |
| Strawberries | 204% | 359 | 11.0 | 313 | Orange juice, fr/concentrate | 96% | 147 | 7.8 | 222 |
| Lemons | 203% | 318 | 12.2 | 345 | Mulberries | 94% | 188 | 8.2 | 233 |
| Thyme, fresh | 176% | 695 | 3.5 | 99 | Pineapple juice w/vit C | 92% | 152 | 6.7 | 189 |
| Papayas | 176% | 318 | 9.0 | 256 | Dandelion greens | 86% | 849 | 7.8 | 222 |
| Swiss chard | 175% | 2849 | 18.6 | 526 | Sauerkraut, canned | 86% | 269 | 18.6 | 526 |
| Kiwi | 169% | 287 | 5.8 | 164 | Pineapple | 84% | 243 | 7.3 | 208 |
| Cabbage | 163% | 497 | 14.1 | 400 | Turnips | 83% | 231 | 12.6 | 357 |

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|------------------------------|-------------|--------------|-----------|------------|------------------------------|-------------|--------------|-----------|------------|
| Gourd | 80% | 300 | 25.2 | 714 | Pumpkin | 38% | 857 | 13.6 | 385 |
| Spinach, canned | 79% | 1280 | 18.6 | 526 | Mandarin oranges, canned | 36% | 64 | 5.8 | 164 |
| Tomatoes, ripe | 78% | 416 | 19.6 | 556 | Spearmint, fresh | 34% | 838 | 8.0 | 227 |
| Rutabagas | 77% | 251 | 9.8 | 278 | Cranberries | 32% | 156 | 7.7 | 217 |
| Okra | 76% | 671 | 11.4 | 323 | Crushed tomatoes, canned | 32% | 310 | 11.0 | 313 |
| Sprouted radish seeds | 75% | 355 | 8.2 | 233 | Boston lettuce | 32% | 1299 | 27.1 | 769 |
| Basil | 74% | 1751 | 13.1 | 370 | Sprouted navy beans | 31% | 360 | 5.3 | 149 |
| Litchis, dried | 73% | 92 | 1.3 | 36 | Sprouted pinto beans, cooked | 31% | 299 | 16.0 | 455 |
| Complete Wheat Bran | 72% | 1194 | 1.1 | 31 | Watermelon | 30% | 117 | 11.8 | 333 |
| Gooseberries | 70% | 204 | 8.0 | 227 | Tomato paste | 30% | 243 | 4.3 | 122 |
| Kumquats | 69% | 151 | 5.0 | 141 | Saffron | 29% | 531 | 1.1 | 32 |
| Total cereal | 67% | 1153 | 1.1 | 30 | Potatoes with skin | 28% | 146 | 4.6 | 130 |
| Arugula | 67% | 825 | 14.1 | 400 | Cloves | 28% | 581 | 1.1 | 31 |
| Complete Oat Bran Flakes | 67% | 1118 | 1.0 | 29 | Artichokes | 28% | 293 | 7.5 | 213 |
| Tomatoes, canned | 61% | 296 | 20.7 | 588 | Paprika | 27% | 763 | 1.2 | 35 |
| Sprouted mung beans, cooked | 60% | 397 | 16.8 | 476 | Dried basil | 27% | 866 | 1.4 | 40 |
| Total Corn Flakes | 60% | 1004 | 0.9 | 27 | Red/cayenne pepper | 27% | 541 | 1.1 | 31 |
| Apple juice,concentrate | 60% | 44 | 2.1 | 60 | Red leaf lettuce | 26% | 1603 | 22.0 | 625 |
| Green beans | 58% | 393 | 11.4 | 323 | Mashed potato flakes | 25% | 116 | 1.0 | 28 |
| Horseradish | 58% | 148 | 7.3 | 208 | Parsnips | 25% | 190 | 4.7 | 133 |
| Raspberries | 56% | 234 | 6.8 | 192 | Asparagus | 25% | 586 | 14.1 | 400 |
| Tangerines, mandarin oranges | 56% | 124 | 6.7 | 189 | Sprouted navy beans, cooked | 25% | 320 | 4.5 | 128 |
| Honeydew melons | 56% | 110 | 9.8 | 278 | Tomato soup | 24% | 88 | 5.9 | 167 |
| Peas | 55% | 285 | 4.4 | 123 | Garlic | 23% | 213 | 2.4 | 67 |
| Elderberries | 55% | 176 | 4.8 | 137 | Apricots raw | 23% | 188 | 7.3 | 208 |
| Blackberries | 54% | 285 | 8.2 | 233 | Lima beans | 23% | 252 | 3.1 | 88 |
| Grape juice concentrate, w/C | 52% | 39 | 2.0 | 56 | Plums | 23% | 72 | 7.7 | 217 |
| Peppermint, fresh | 50% | 556 | 5.0 | 143 | European chestnuts | 23% | 88 | 1.8 | 51 |
| Pear nectar, w/vit C | 50% | 71 | 5.9 | 167 | Chili powder | 23% | 497 | 1.1 | 32 |
| Parsley, dried | 49% | 903 | 1.3 | 36 | Iceberg lettuce | 22% | 410 | 25.2 | 714 |
| Sprouted mung beans | 49% | 395 | 11.8 | 333 | Sour red cherries | 22% | 119 | 7.1 | 200 |
| Mangos | 47% | 111 | 5.4 | 154 | Dill weed, dried | 22% | 458 | 1.4 | 40 |
| Fennel bulbs | 43% | 254 | 11.4 | 323 | Soybeans, green | 22% | 239 | 2.4 | 68 |
| Endive | 42% | 1482 | 20.7 | 588 | Leeks | 22% | 274 | 5.8 | 164 |
| Rhubarb | 42% | 325 | 16.8 | 476 | Celery | 22% | 422 | 22.0 | 625 |
| Tomatillos | 41% | 212 | 11.0 | 313 | Marjoram, dried | 21% | 659 | 1.3 | 37 |
| Sprouted alfalfa seeds | 40% | 496 | 15.3 | 435 | Pork liver | 21% | 1241 | 2.6 | 75 |
| Sprouted pinto beans | 39% | 334 | 5.7 | 161 | Capers, canned | 21% | -147 | 15.3 | 435 |

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|---------------------------|-------------|--------------|-----------|------------|-----------------------------|-------------|--------------|-----------|------------|
| Cucumber | 21% | 264 | 23.5 | 667 | CHEX snack mix | 12% | 177 | 0.8 | 24 |
| Onions | 21% | 113 | 8.8 | 250 | Sweet red cherries | 12% | 41 | 5.6 | 159 |
| Rosemary, dried | 21% | 274 | 1.1 | 30 | Shallots | 12% | 176 | 4.9 | 139 |
| Savory | 20% | 450 | 1.3 | 37 | Cinnamon | 12% | 515 | 1.4 | 38 |
| Thyme, dried | 20% | 869 | 1.3 | 36 | Chestnuts, european | 12% | 101 | 1.4 | 41 |
| Kellogg's Special K | 20% | 529 | 0.9 | 26 | Crabapples | 12% | 44 | 4.6 | 132 |
| Clams | 20% | 1591 | 4.8 | 135 | Sage | 11% | 554 | 1.1 | 32 |
| Japanese chestnuts | 19% | 158 | 2.3 | 65 | Sprouted soybeans, cooked | 11% | 296 | 4.4 | 123 |
| Japanese chestnuts, dried | 19% | 158 | 1.0 | 28 | Fiber One | 11% | 519 | 1.8 | 50 |
| Blueberries | 19% | 89 | 6.2 | 175 | Bananas | 11% | 82 | 4.0 | 112 |
| Taragon, dried | 19% | 434 | 1.2 | 34 | Salsify, (vegetable oyster) | 11% | 127 | 4.3 | 122 |
| Peaches | 19% | 104 | 9.0 | 256 | White mushrooms | 11% | 629 | 16.0 | 455 |
| Rosemary, fresh | 18% | 281 | 2.7 | 76 | Mussels | 10% | 777 | 4.1 | 116 |
| Oegano, dried | 18% | 519 | 1.2 | 33 | Eggplant | 10% | 279 | 14.7 | 417 |
| Chinese chestnuts, raw | 18% | 123 | 1.6 | 45 | Potato sticks | 10% | 54 | 0.7 | 19 |
| Pineapple, canned | 18% | 109 | 5.9 | 167 | Pears, asian | 10% | 60 | 8.4 | 238 |
| Grapes | 17% | 44 | 5.1 | 145 | Pomegranates | 10% | 26 | 5.2 | 147 |
| Catsup | 17% | 27 | 3.6 | 103 | Infant formula, SIMILAC | 10% | 96 | 5.3 | 152 |
| Sprouted lentils | 17% | 231 | 3.3 | 94 | Apples | 10% | 23 | 6.8 | 192 |
| Chicken, liver | 17% | 983 | 3.0 | 86 | Ensure plus | 9% | 116 | 2.5 | 71 |
| Sun-dried tomatoes | 17% | 211 | 1.4 | 39 | Ginko nuts | 9% | 104 | 1.9 | 55 |
| Plantains | 17% | 77 | 2.9 | 82 | Smart Start Cereal | 9% | 593 | 1.0 | 27 |
| Allspice | 17% | 178 | 1.3 | 38 | Black pepper | 9% | 316 | 1.4 | 39 |
| Bay leaf spice | 17% | 368 | 1.1 | 32 | Sprouted peas | 9% | 180 | 2.8 | 78 |
| Bamboo shoots | 16% | 393 | 13.1 | 370 | All-Bran Buds | 9% | 874 | 1.4 | 40 |
| Avocados | 16% | 130 | 2.9 | 83 | Sweet yellow corn | 9% | 139 | 4.1 | 116 |
| Yams | 16% | 118 | 3.0 | 85 | All-Bran Original | 9% | 1025 | 1.4 | 38 |
| Carrots | 16% | 1011 | 8.6 | 244 | Smart Start Soy Protein | 8% | 541 | 1.0 | 27 |
| Potatoes, no skin | 15% | 113 | 3.8 | 108 | Ground tumeric | 8% | 284 | 1.0 | 28 |
| Multi-Grain Cheerios | 15% | 952 | 0.9 | 26 | Pears | 8% | 37 | 6.1 | 172 |
| Cheese lasagna | 15% | 137 | 2.7 | 77 | Human milk | 8% | 29 | 5.0 | 143 |
| All-Bran with fiber | 14% | 1098 | 1.8 | 52 | White pepper | 8% | 171 | 1.2 | 34 |
| Sprouted soybeans | 14% | 271 | 2.9 | 82 | Coriander seed | 8% | 242 | 1.2 | 34 |
| Sprouted lentils, cooked | 14% | 222 | 3.5 | 99 | Seaweed, kelp | 8% | 429 | 8.2 | 233 |
| Pumpkin, canned | 14% | 1139 | 10.4 | 294 | Potato chips, barbecue | 8% | 61 | 0.7 | 20 |
| Nectarines | 14% | 98 | 8.0 | 227 | Dill seed | 8% | 250 | 1.2 | 33 |
| Grape leaves | 13% | 998 | 3.8 | 108 | Spaghetti squash | 8% | 137 | 11.4 | 323 |
| Beets | 13% | 205 | 8.2 | 233 | Cardamom | 8% | 525 | 1.1 | 32 |

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|--------------------------|-------------|--------------|-----------|------------|
| Sprouted peas, cooked | 7% | 160 | 3.6 | 102 |
| Seaweed, wakame | 7% | 562 | 7.8 | 222 |
| Caraway seeds | 7% | 254 | 1.1 | 30 |
| Ginger root | 7% | 108 | 4.4 | 125 |
| Avocados raw | 7% | 142 | 2.2 | 63 |
| Anise seed | 7% | 222 | 1.0 | 30 |
| Kellogg's Corn Flakes | 7% | 308 | 1.0 | 28 |
| Fennel seed | 7% | 321 | 1.0 | 29 |
| Prune juice | 6% | 40 | 5.0 | 141 |
| Wheaties | 6% | 436 | 1.0 | 27 |
| Cheerios | 6% | 368 | 1.0 | 27 |
| Oysters | 6% | 2266 | 5.2 | 147 |
| Garlic powder | 6% | 141 | 1.1 | 30 |
| Papaya nector, canned | 6% | -3 | 6.2 | 175 |
| Manhattan clam chowder | 6% | 201 | 5.8 | 164 |
| Chicken liver, canned | 6% | 261 | 1.8 | 50 |
| Potatoes, au gratin, mix | 5% | 48 | 1.1 | 32 |

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