

Food	Vitamin C (mg/100 g)	Vitamin C per serving (mg)	Rating
Guava	183	165	exceptional
Kiwifruit, gold	105 to 120	95 to 108	exceptional
Capsicum	180	95	exceptional
Kiwifruit, green	65 to 90	50 to 74	exceptional
Orange	53	70	excellent
Mango	28	57	excellent
Broccoli	90	51	excellent
Rosehip	1,500	45	excellent
Grapefruit	34	44	excellent
Brussels sprouts	80	40	excellent
Persimmon	40	40	excellent
Watermelon	10	27	very good
Melon	42	29	very good
Mandarin	31	26	very good
Tamarillo	31	22	very good
Tomato	19	23	very good
Cabbage greens	30	20	very good
Feijoa	31	16	very good
Potato	20	15	very good
Pineapple	15	13	good
Banana	9	11	good
Strawberry	57	7	good
Apple	6	8	fairly good
Grape	11	6	fairly good
Carrot	9	5	good
Lettuce	4	4	-
Lemon juice	46	3	-
Lime juice	29	1	-
Cucumber	3	1	-
Avocado	8	2	-
Onion	7	1	-
Nuts	-	-	-
Grains	-	-	-
Seeds (inc peas and beans)	-	-	-