

Help kids be ALL they can be with Vitamin C

Serve at least one GREAT source of vitamin C to every child, every day.*

GREAT Sources of Vitamin C

(contain 30 mg of vitamin C or more per serving)**

Fresh pineapple (1/2 cup)

Grapefruit (1/2 cup)

Oranges (1/3 cup)

Mandarin oranges / Tangerines (2/3 cup)

Cantaloupe balls (1/2 cup)

Frozen raspberries (3/4 cup)

Strawberries (1/3 cup)

Frozen peaches (1/4 cup)

Star fruit cubes (3/4 cup)

Kiwi fruit (1/4 cup)

Guava (1/8 cup)

Papaya (1/2 cup)

Mangoes (2/3 cup)

Fresh bell peppers (1/4 cup)

Broccoli (1/2 cup)

Cauliflower (2/3 cup)

Brussels sprouts (1/3 cup)

Cabbage (3/4 cup)

Bok choy (3/4 cup)

Kohlrabi (1/2 cup)

Rutabagas (3/4 cup)

Fresh Snow peas / Sugar snap peas (1/2 cup)

Canned, vacuum pack sweet potatoes (1/2 cup
mashed; 2/3 cup pieces)

Canned or frozen asparagus (3/4 cup)

Fresh kale (2/3 cup)

Frozen collards (3/4 cup)



100% orange or grapefruit juice (1/2 cup)

100% vegetable juice (1/2 cup)

Other 100% juices with added ascorbic acid (1/2 cup)

GOOD Sources of Vitamin C

(contain 20-30 mg of vitamin C or more per serving)**

Honeydew (2/3 cup)

Raw plantains (3/4 cup)

Fresh blackberries (2/3 cup)

Fresh raspberries (2/3 cup)

Any of the GREAT sources of vitamin C in slightly smaller amounts

Fresh sweet potatoes (1/2 cup)

Canned spinach (2/3 cup)

Fresh mustard greens (2/3 cup)

Fresh or frozen turnip greens (2/3 cup)

*DCFS Licensing Standards, Part 407.330 states: "A good source of vitamin C shall be served daily. These include citrus fruits, melons and other fruits and juices that contain at least 30 mg of vitamin C per serving."

**The "cup" amounts listed after each food represent the minimum amount of each food that provides the stated amount of vitamin C.