

# Top 12 Sources of Vitamin C

75mg/day for women age 19+ | 85mg/day if pregnant | 120mg/day if lactating  
90mg/day for men age 19+  
+35mg/day for individuals who smoke



**Red Bell Peppers**



**Orange Juice**



**Oranges**



**Kiwis**



**Green Bell Peppers**



**Broccoli**



**Strawberries**



**Brussels Sprouts**



**Grapefruit**



**Cantaloupe**



**Cabbage**



**Cauliflower**