How Would You Rather Eat Vitamin C?

**Potato**
- Serving Size: 1 medium, baked
- Calories: 161, Vit C: 16.6 mg

**Tomato**
- Serving Size: 1 medium, red, raw
- Calories: 22, Vit C: 16.9 mg

**Cauliflower**
- Serving Size: 1 cup, raw, chopped
- Calories: 27, Vit C: 51.6 mg

**Strawberry**
- Serving Size: 1 cup, whole
- Calories: 46, Vit C: 84.7 mg

**Soybeans**
- Serving Size: 1/2 cup, green, boiled
- Calories: 127, Vit C: 15.3 mg

**Spinach**
- Serving Size: 1 cup, raw
- Calories: 7, Vit C: 8.4 mg

**Bell Pepper**
- Serving Size: 1 cup, red, sliced
- Calories: 29; Vit C: 117.5 mg

**Cantaloupe**
- Serving Size: 1 medium wedge
- Calories: 23, Vit C: 25.3 mg

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