

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



FARM CREDIT
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