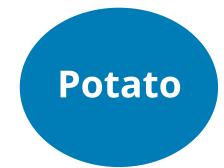
## HOW Would You Rather Eat VITAMIN C?





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





Serving Size: 1 cup, raw,

chopped

Calories: 27, Vit C: 51.6 mg



Soybeans

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





Serving Size: 1 cup, red, sliced Calories: 29; Vit C: 117.5 mg





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





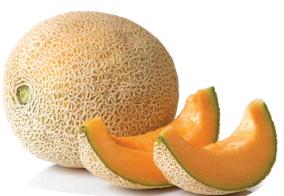
Serving Size: 1 cup, whole Calories: 46, Vit C: 84.7 mg



Spinach

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





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











