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VITAMIN C CONTENT OF SELECTED FOODS

The following table lists the vitamin C content in milligrams (mg) of 1 cup portions of selected foods:

<u>Food</u>	<u>Vitamin C (mg)</u>
Turnip Greens	260 mg
Mustard Greens	252 mg
Dandelion Greens	200 mg
Kale	192 mg
Brussels Sprouts	173 mg
Parsley	140 mg
Collard Greens	140 mg
Guavas	125 mg
Broccoli Leaf*	120 mg
Beet Greens	100 mg
Cauliflower	100 mg
Kohlrabi	100 mg
Strawberries	100 mg
Honeydew Melon	90 mg
Broccoli Florets*	87 mg
Spinach	60 mg
Raspberries	60 mg
Rutabaga	52 mg
Orange	50 mg
Cabbage (all leaves, also Chinese cabbage)	50 mg

*Broccoli stem has 0 mg of vitamin C