



Food Items That Perhaps You Didn't Know Contain **VITAMIN C**

Fruits and vegetables rich in vitamin C



Guava



Indian gooseberry (amla)



Broccoli



Kale



Image source: Organic India
Kakadu plums



Red sweet pepper



Camu camu

Food items with added ascorbic acid (vitamin C)



Fruit juices



Cereals



Flavored candies



Dried fruits



Processed meats



Frozen fruits



Jams and jellies

References

- 1.Nutritional Quality Evaluation Of Different Guava Varieties; Research Gate
- 2.Vitamin C enrichment of fruit juice based ready-to-serve beverages through blending of Indian gooseberry (Emblica officinalis Gaertn.) juice; National Institutes of Health
- 3.Vitamin C.; National Institutes of Health
- 4.Morphological and genetic diversity of camu-camu [Myrciaria dubia (Kunth) McVaugh] in the Peruvian Amazon; National Institutes of Health
- 5.Ascorbic Acid; Chemical Safety