

Vitamins A and C Rich Foods

Foods for Vitamin A

¼ cup serving (about 1500 International Units (IU))

Beet greens
 Carrots
 Cherries, red sour
 Chili peppers, red
 Collards
 Kale
 Mangoes
 Mixed vegetables
 Mustard greens
 Peas and carrots (canned or frozen)
 Peppers, sweet red
 Pumpkin
 Spinach
 Squash, winter (acorn, butternut, hubbard)
 Sweet potatoes
 Turnip greens

¼ cup serving (about 750-1500 IU)

Apricots
 Broccoli
 Cantaloupe
 Papayas
 Purple plums (canned)

½ cup serving (about 750-1500 IU)

Asparagus, green
 Chili peppers, green
 Endive, curly
 Nectarines
 Peaches (except canned)
 Prunes
 Tomatoes
 Tomato juice or reconstituted paste or puree

Foods for Vitamin C

¼ cup serving (about 15-25 milligrams (mg))

Broccoli
 Brussels sprouts
 Chili peppers, red and green
 Orange juice
 Oranges
 Peppers, sweet red and green
 Cantaloupe
 Cauliflower
 Collards
 Grapefruit
 Grapefruit juice
 Kiwi fruit
 Mangoes
 Mustard greens
 Papayas
 Pineapple juice (canned-vitamin C restored)
 Strawberries
 Tangerine juice
 Tangerines

¼ cup serving (about 8-15 mg)

Asparagus
 Cabbage
 Honeydew melon
 Okra
 Potatoes (baked, broiled or steamed)
 Potatoes (reconstituted instant mashed-vitamin C restored)
 Raspberries, red
 Sauerkraut
 Spinach
 Sweet potatoes (except those canned in syrup)
 Tomatoes
 Tomato juice or reconstituted paste or puree
 Turnip greens
 Vegetable juice