

Good Sources of Vitamin C: Fruits and Vegetables "Best Buys"



Fruits and vegetables have much flavor and nutrition. Eating them promotes good health and decreases risk for many chronic diseases, including cancer. Eating a variety of fruits and vegetables is recommended because they provide vitamins, minerals, fiber and other natural substances, such as antioxidants and phytochemicals, that are important for good health.

Vitamin C, or ascorbic acid, is an important antioxidant. It is needed to maintain bones, teeth, gums, muscle, cartilage, blood vessels, and the immune system. It helps absorption of iron from plant foods. It dissolves in water.

Try to eat 5 or more servings of fruits and vegetables a day, with at least one serving per day being vitamin A-rich, vitamin C-rich and fiber-rich. In addition, eat several servings per week of cruciferous (cabbage-family) vegetables.

One way to stretch the value of your food dollar is to buy fresh fruits and vegetables in season. The following information shows an alphabetical listing of fruits and vegetables that are good sources of vitamin C. The "best time to buy" lets you know when to buy those fruits and vegetables for the best quality at their lowest cost.

Fruits and Vegetables that are good sources of vitamin C:	Best time to Buy Fresh
apricots	June, July
asparagus	April
banana	
berries (blackberries, blueberries, cranberries, elderberries, gooseberries, loganberries, mulberries, raspberries, strawberries)	April, May, June, July, August
broccoli	February, march, April, July, August, September, October, November
Brussels sprouts	October, November
cabbage	March
cantaloupe	June, July, August, September
cauliflower	September, October, November
currants	
grapefruit	January, February, March, April, May, July, August, September, November, December
greens (beet greens, chickory greens, collards, dandelion greens, kale, lambsquarters, mustard greens, pokeberry shoots, purslane, Swiss chard, turnip greens, watercress)	
guava	
spinach	March, April, May

Fruits and Vegetables that are good sources of vitamin C:	Best time to Buy Fresh
honeydew melon	June, July, August, September
kiwi fruit	
kohlrabi	
lemons	
limes	
mango	June, July
okra	
oranges	
papaya	
peas (green and snow)	
peppers (chili, green bell, red bell, yellow bell)	July, August, September
pineapple	April, May
plantain	
plum	June, July, August, September
potato	
pricklypear	
rutabaga	
spinach	March, April, May
sweet potato	October, November, December
tangerine, tangelo	January, February
tomato	May, June, July, August, September
watermelon	June, July, August
winter squash (butternut)	September, October, November, December

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