

VITAMIN C RICH FOODS



Gooseberry
(आमला)
Vitamin C: 252 mg



Guava
(अमरुद)
Vitamin C: 222 mg



Agathi leaves
(अगाथी साग)
Vitamin C: 121 mg



Green mango, raw
(हरी अम्बी)
Vitamin C: 90 mg



Amaranth leaves, red
(लाल चौलाई के पत्ते)
Vitamin C: 86 mg

*Nutrient rich food items derived from relevant food groups, locally available and commonly consumed by the Indian population

Values are per 100 g

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Green gram whole sprouts
(अंकुरन)
Vitamin C: 80 mg



Drumstick
(सहजन की फली)
Vitamin C: 72 mg



Lime sweet
(मौसम्बी)
Vitamin C: 50 mg



Lemon
(नीम्बू)
Vitamin C: 48 mg



Orange
(संतरा)
Vitamin C: 43 mg

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