

Vitamin C



These fruits and vegetables are an excellent source of vitamin C for your child.

- Sweet Peppers
- Papaya
- Kiwi
- Chili Peppers
- Orange
- Cantaloupe
- Guava
- Grapefruit
- Strawberries
- Lemon
- Potato
- Pineapple
- Cauliflower
- Broccoli