

Sources of Vitamin C for Guinea Pigs

Food Item	Weight or Volume of Food	Amount of Vit C in Food	Amount needed to provide 25 mg/day
Guava	1 cup = 165 mg	377 mg	1.1 tbsp
Red Peppers	1 cup chopped = 149g	190 mg	2.1 tbsp chopped
Kale	1 cup chopped = 67 g	80.4 mg	5 tbsp (1/3 cup)
Tendergreen	1 cup chopped = 150 g	195 mg	2.1 tbsp chopped
Parsley	1 cup = 60 g	79.8 mg	5 tbsp (1/3 cup)
Broccoli	1 cup chopped = 91 g	81.2 mg	5 tbsp (1/3 cup)
Broccoli florets	1 cup = 71 g	66.2 mg	6 tbsp (between 1/3 and 1/2 cup)
Broccoli leaves	1 oz = 28 g	26.1 mg	2 tbsp
Broccoli stalks	1 oz = 28 g	26.1 mg	2 tbsp
Lambsquarter	1 oz = 28 g	22.4 mg	2.2 tbsp
Cauliflower	1 floret = 13 g	6.0 mg	About 4 florets
Strawberry	Avg berry = 18 g	10.6 mg	About 2.5 avg berries
Kiwi	1 cup = 17 g	164 mg	2.4 tbsp
Green pepper	1 cup chopped = 149 g	120 mg	3.4 tbsp chopped
Mustard greens	1 cup = 56 g	39.2 mg	1/2 - 3/4 cup
Cooked broccoli	1 cup = 156 g	101.2 mg	1 cup
Cooked Brussels sprouts	1 cup = 156 g	96.7 mg	Just over 1 cup
Kohlrabi	1 cup = 135 g	89.1 mg	Just over 1/2 cup
Papaya	1 cup = 140 g	86.5 mg	Just under 1/3 cup
Snap peas	1 cup = 98 g	58.8 mg	Just under 1/2 cup
Turnip greens	1 cup = 55 g	39.5 mg	Just under 1/2 cup
Red cabbage	1 cup = 70 g	39.9 mg	Just under 1/2 cup
Orange	Avg orange = 131 g	69.7 mg	Between 1/4 and 1/2 avg orange
Cooked kale	1 cup cooked = 130 g	53.5 mg	About 1/2 cup
Peas	1 cup = 58 mg	58 mg	About 1/2 cup
Clementines	Avg clementine = 74 g	36.1 mg	Almost 1/2 avg clementine
Cantaloupe	1 cup balls = 177 g	65 mg	Between 1/4 and 1/2 avg orange
Pineapple	1 cup chunks = 165 g	78.9 mg	1/3 cup of chunks
Dill weed	5 springs = 1 g	0.9 mg	154 sprigs
Dried tarragon	1 oz = 28 g	14 mg	About 4 tbsp
Dried basil	1 oz = 28 g	17.1 mg	About 3 tbsp
Dried oregano	1 oz = 28 g	14 mg	About 4 tbsp
Lemon	Avg lemon = 58 g	30.7 mg	80% of avg lemon
Dried cilantro	1 tbsp = 2 g	9.9 mg	2.5 tbsp
Chinese cabbage (pak choi or bak choi)	1 cup shredded = 70.0 g	31.5 mg	Over 1/2 cup
Beet greens	1 cup = 38 g	11.4 mg	Over 2 cups
Starfruit (carambola)	Avg fruit = 91 g	31.3 MG	Over 1/2 of an avg fruit
Collard greens	1 cup = 36 g	12.7 mg	2 cups
Watercress	1 cup chopped = 34 g	14.6 mg	About 1 and 1/2 cups
Grapefruit	Avg fruit = 120 g	38.5 mg	Just under 1 grapefruit
Blue	excellent choice for supplementing guinea pig diet		
Green	good choice for supplementing guinea pig diet		
Orange	fair choice for supplementing guinea pig diet		
Red	poor choice for supplementing guinea pig diet		