

**Supplementary Table S1** Food frequency questionnaire to evaluate dietary intake of vitamin C<sup>1-3</sup>

Food name	Portion	Vitamin C (mg)	Portions: per week day	Total (7 d)
<i>Fruit</i>				
Cantaloupe	¼ medium	60		
Banana	1 medium	8.5		
Guava	1 medium	214		
Kiwi	1 medium	75		
Mango	1 cup, sliced	45		
Orange	1 medium	70		
Papaya	1 cup, cubes	85		
Strawberries	1 cup	95		
Pineapple	2 round slices	36		
Watermelon	1 cup	15		
Pomegranate	½ cup	34		
<i>Juice</i>				
Orange	½ cup	50		
Apple	½ cup	50		
Grape	½ cup	120		
Lemon	½ cup	47.4		
<i>Vegetables</i>				
Carrot	1	70		
Broccoli	½ cup	60		
Sprout	½ cup	50		
Cabbage	½ cup	15		
Cauliflower	½ cup	25		
Spring onion	1 cup	55		
Mustard green	1 cup	35		
Pepper	½ cup	50		
Karela	1 cup	55		
Potato	1 medium	25		
Radish	1/2 cup, sliced	8.6		
Peas	½ cup	40		
Sweet potato	1 medium	30		
Tomato raw	1 medium	17		

## References

1. Santosh HN, David C. Food frequency questionnaire to determine the intake of vitamin C: a pilot validation study. *Rom J Diabetes Nutr Metab Dis* 2017;24(2):95–99
2. Sinclair AJ, Taylor PB, Lunec J, Girling AJ, Barnett AH. Low plasma ascorbate levels in patients with type 2 diabetes mellitus consuming adequate dietary vitamin C. *Diabet Med* 1994;11(9):893–898 [HYPERLINK "https://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=7705029&dopt=Abstract"](https://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=7705029&dopt=Abstract)
3. Longvah T, Anantan I, Bhaskarachary K, Venkaiah K. *Indian Food Composition Tables*. Hyderabad: National Institute of Nutrition, Indian Council of Medical Research; 2017