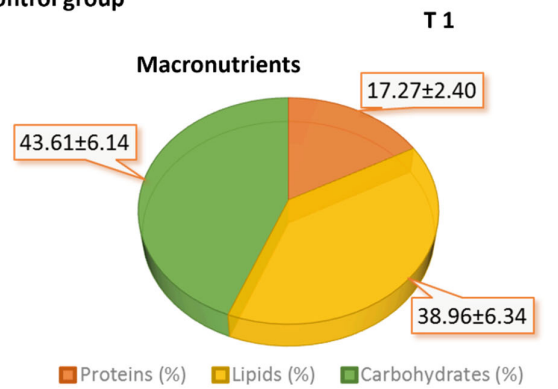


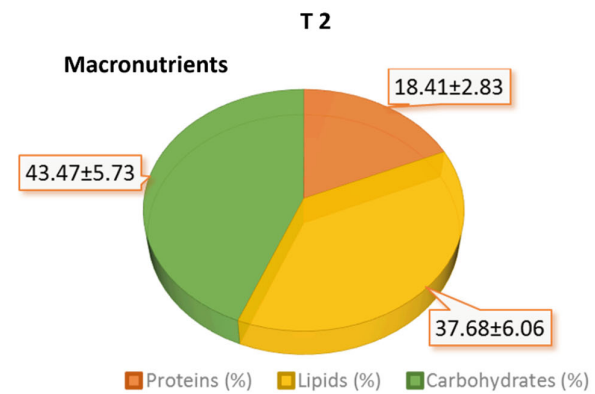
**Supplementary Table S1.** List of foods rich in vitamin C.

Grains	Nuts	Fruits	Vegetables	Herbs/Spices/Condiments	Drinks	Others
Gentle Red Wheat Sorghum	Almonds Nuts	Apple Apricots Banana Bergamot Blackcurrant Calamondino or Bitter Mandarin Cedar Chinese Mandarin or Kumquat Clementines Combava or Kaffir Lime Finger Limes Grapefruit Kiwi Lemon Lettuce Lime Mandarin Mango Mapo Orange Papaya Peas Peppers Plums Pomelo Pumpkin Raw Red Tomatoes Strawberries Tangelo Tangerines Tangor	Artichokes Broccoli Brussels sprouts Cabbage Cantaloupe Cauliflower Endive Potatoes Spinach	Basil Chili Mint Origan Parsley Peppermint Rosemary Valerian	Chinotto Citrus Flavored Tea Fruit Juices Fruit Juices (All Types) Lemonades Red Wine White Wine	Citrus Jams and Preserves Preserves

**A Control group**

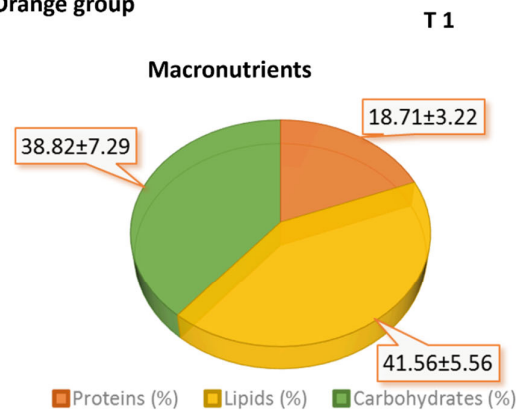


Daily calorie consumption: 1994.30±154.43 Kcal/die

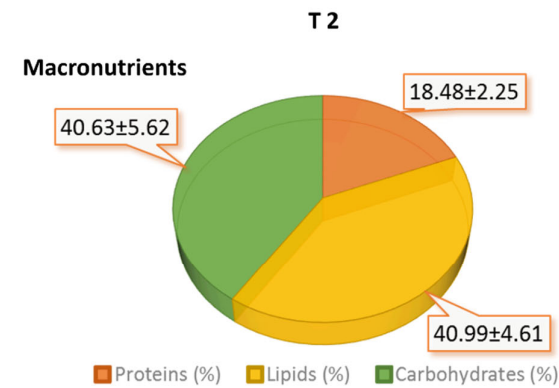


Daily calorie consumption: 1979.48±162.58 Kcal/die

**B Orange group**



Daily calorie consumption: 2036.65±242.16 Kcal/die



Daily calorie consumption: 2026.91±230.67 Kcal/die

**Supplementary Figure S1.** Macronutrients and daily calories consumption in control and “orange” group.