

Some Good Sources of Folate

Food	Serving Size	Amount (Micrograms)	%Daily Value*
Chicken liver	3.5 oz	770	193
Breakfast cereals	1/2 to 1 1/2 cup	100 to 400	25 to 100
Braised beef liver	3.5 oz	217	54
Lentils, cooked	1/2 cup	180	45
Chickpeas	1/2 cup	141	35
Asparagus	1/2 cup	132	33
Spinach, cooked	1/2 cup	131	33
Black beans	1/2 cup	128	32
Burrito with beans	2	118	30
Kidney beans	1/2 cup	115	29
Baked beans with pork	1 cup	92	23
Lima beans	1/2 cup	78	20
Tomato juice	1 cup	48	12
Brussels sprouts	1/2 cup	47	12
Orange	1 medium	47	12
Broccoli, cooked	1/2 cup	39	10
Fast-food French fries	large order	38	10
Wheat germ	2 tbsp	38	10
Fortified white bread	1 slice	38	10

* based on Daily Value for folate of 400 micrograms
 (Source: *Food Values of Portions Commonly Used*, 16th edition)