

Foods High In Folate



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Food	Micrograms (µg)
Breakfast cereals fortified with 100% of the DV, 3/4 cup	400
Beef liver, cooked, braised, 3 ounces	185
Breakfast cereals, fortified with 25% of the DV, 3/4 cup	100
Spinach, frozen, cooked, boiled, 1/2 cup	100
Great Northern beans, boiled, 1/2 cup	90
Asparagus, boiled, 4 spears	85
Rice, white, long-grain, parboiled, enriched, cooked, 1/2 cup	65
Vegetarian baked beans, canned, 1 cup	60
Spinach, raw, 1 cup	60
Green peas, frozen, boiled, 1/2 cup	50
Broccoli, chopped, frozen, cooked, 1/2 cup	50
Egg noodles, cooked, enriched, 1/2 cup	50
Broccoli, raw, 2 spears (each 5 inches long)	45
Avocado, raw, all varieties, sliced, 1/2 cup sliced	45
Peanuts, all types, dry roasted, 1 ounce	40
Lettuce, Romaine, shredded, 1/2 cup	40
Tomato Juice, canned, 6 ounces	35
Orange juice, chilled, includes concentrate, 3/4 cup	35
Turnip greens, frozen, cooked, boiled, 1/2 cup	30
Orange, all commercial varieties, fresh, 1 small	30
Bread, white, 1 slice	25
Bread, whole wheat, 1 slice	25
Egg, whole, raw, fresh, 1 large	25
Cantaloupe, raw, 1/2 medium	25
Banana, raw, 1 medium	20