

Folate and food sources

Food	Serving size	Amount (mg)	Daily value (%) *
Chicken liver	115 gm (3.5 oz)	770	193
Breakfast cereals	0.5 to 1.5 cup	100 to 400	25 to 100
Braised beef liver	115 gm (3.5 oz)	217	54
Lentils (cooked)	0.5 cup	180	45
Chick-peas	0.5 cup	141	35
Asparagus	0.5 cup	132	33
Spinach (cooked)	0.5 cup	131	33
Black beans	0.5 cup	128	32
Burrito with beans	2	118	30
Kidney beans	0.5 cup	115	29
Baked beans & pork	1 cup	92	23
Lima beans	0.5 cup	78	20
Tomato juice	1 cup	48	12
Brussels sprouts	0.5 cup	47	12
Orange	1 medium	47	12
Broccoli (cooked)	0.5 cup	39	10
French fries	large order	38	10
Wheat germ	2 tbsp	38	10
Fortified white bread	1 slice	38	10

* Daily value refers to percentage of folate RDA. That is, this is the percentage of the suggested daily requirement that you will get from the various sources listed.

Source: *Food Values of Portions Commonly Used*, <www.parenthoodweb.com>