

GO FOLIC! WOMEN'S NUTRITION PROJECT

EATING FOR HEALTH

The following foods are full of folic acid or folate. Foods with an asterisk (*) have folic acid added to them. They include breads, cereals, flours, corn meals, pastas, rice, and other grain products. They are called [enriched](#) or fortified.

Foods	Amounts	MCG	% DV
*Breakfast cereals fortified with 100% of the DV	1 serving	400	100
Beef liver, cooked, braised,	3 ounces	185	45
Black-eyed peas, immature, cooked	1/2 cup	105	25
*Breakfast cereals, fortified with 25% of the DV	1 serving	100	25
Spinach, frozen, cooked	1/2 cup	100	25
Great Northern beans, cooked	1/2 cup	90	20
Asparagus, cooked	4 spears	85	20
*Rice, white, long-grain, parboiled, enriched, cooked	1/2 cup	65	15
Vegetarian baked beans, canned	1 cup	60	15
Spinach, raw	1 cup	60	15
Green peas, frozen, cooked	1/2 cup	50	15
Broccoli, chopped, frozen, cooked	1/2 cup	50	15
*Egg noodles, cooked, enriched	1/2 cup	50	15
Broccoli, raw	2 spears	45	10
Avocado, raw	1/2 cup sliced	45	10
Peanuts, dry roasted	1 ounce	40	10
Lettuce, Romaine, shredded	1/2 cup	40	10
Wheat germ	2 Tablespoons	40	10
Tomato Juice, canned	6 ounces	35	10
Orange juice	3/4 cup	35	10
Turnip greens, frozen, cooked	1/2 cup	30	8
Orange, fresh	1 small	30	8
*Bread, white	1 slice	25	6
*Bread, whole wheat	1 slice	25	6
Egg, whole	1 large	25	6
Cantaloupe	1/4 medium	25	6
Papaya	1/2 cup cubes	25	6
Banana	1 medium	20	6

DV = [Daily Value](#). The DV refers to the amount that the Food and Drug Administration recommends people get for good health. You can learn more about the nutrition in foods by visiting the U.S. Department of Agriculture's Nutrient Database Web site:

http://www.nal.usda.gov/fnic/cgi-bin/nut_search.pl.