

Foods High in Folate

FRUITS/JUICES

Serving: 1 piece of fruit
1 cup of juice

ORANGE JUICE*
PINEAPPLE JUICE
CANTALOUPE
ORANGES
STRAWBERRIES
BANANAS

CEREALS

Serving: 1 oz.

MOST*
PRODUCT 19*
TOTAL*
INSTANT OATMEAL*
CREAM OF WHEAT*
COLD CEREALS*

MEATS

Serving: 3-4 oz.

LIVER*
WHOLE EGG
CANNED SALMON

NUTS

Serving: 1 oz.

PISTACHIOS*
SUNFLOWER SEEDS
CASHEWS
ALMONDS
DRY ROASTED PEANUTS

VEGETABLES

Serving: 1/2 cup

SPINACH*
BROCCOLI
TURNIP GREENS
BRUSSELS SPROUTS
ASPARAGUS
CORN
CABBAGE
BEETS
ROMAINE LETTUCE
CAULIFLOWER

BEANS/LEGUMES

Serving: 1 cup

LENTILS*
BLACK-EYED PEAS*
CHICK PEAS*
PINTO BEANS*
LIMA BEANS*
BAKED BEANS*
KIDNEY BEANS*
GREEN PEAS



Fabulous Folate
Oh Baby, It's Good for YOU!

* BEST SOURCES: CONTAIN 100 MICROGRAMS OR MORE OF FOLATE PER SERVING



Sample Menus High in Folate

For a pregnant woman

BREAKFAST

1 oz. cereal*
1 cup milk
1 scrambled egg
2 strips of bacon
1 cup pineapple juice

LUNCH

1 cup milk
3 oz. salmon patties
1 cup turnip greens
1 cup black-eyed peas*
1/2 cup rice
1 cup applesauce

DINNER

1 cup milk
3 oz. roast beef
1 cup green beans
1/2 cup mashed potatoes with gravy
1 roll
1 slice cheesecake

SNACKS: 1 cup yogurt
1 peach
nuts/seeds (3 times per week)

For a non-pregnant adult

BREAKFAST

1 oz. cereal*
1 cup milk
1 cup orange juice from concentrate
1 egg (3 times per week)

LUNCH

1 cup pineapple juice
3 oz. ham
2 slices whole wheat bread
1 cup coleslaw
1 banana

DINNER

3 oz. broiled chicken
1 baked potato with margarine
1 cup lima beans*
1/2 cup carrots
1 brownie
1 cup tea

SNACKS: 1 cup yogurt
1 apple
nuts/seeds (3 times per week)

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