### FRUITS/JUICES
Serving: 1 piece of fruit
1 cup of juice
- ORANGE JUICE*
- PINEAPPLE JUICE
- CANTALOUPES
- ORANGES
- STRAWBERRIES
- BANANAS

### MEATS
Serving: 3-4 oz.
- LIVER*
- WHOLE EGG
- CANNED SALMON

### NUTS
Serving: 1 oz.
- PISTACHIOS*
- SUNFLOWER SEEDS
- CASHEWS
- ALMONDS
- DRY ROASTED PEANUTS

### CEREALS
Serving: 1 oz.
- MOST*
- PRODUCT 19*
- TOTAL*
- INSTANT OATMEAL*
- CREAM OF WHEAT*
- COLD CEREALS*

### 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

* BEST SOURCES: CONTAIN 100 MICROGRAMS OR MORE OF FOLATE PER SERVING
### Sample Menus High in Folate

#### For a pregnant woman

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 oz. cereal*</td>
<td>1 cup milk</td>
<td>1 cup milk</td>
</tr>
<tr>
<td>1 cup milk</td>
<td>3 oz. salmon patties</td>
<td>3 oz. roast beef</td>
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<tr>
<td>1 scrambled egg</td>
<td>1 cup turnip greens</td>
<td>1 cup green beans</td>
</tr>
<tr>
<td>2 strips of bacon</td>
<td>1 cup black-eyed peas*</td>
<td>1/2 cup mashed potatoes with</td>
</tr>
<tr>
<td>1 cup pineapple</td>
<td>1/2 cup rice</td>
<td>gravy</td>
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<tr>
<td>juice</td>
<td>1 cup applesauce</td>
<td>1 roll</td>
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<tr>
<td></td>
<td></td>
<td>1 slice cheesecake</td>
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</tbody>
</table>

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

#### For a non-pregnant adult

<table>
<thead>
<tr>
<th>BREAKFAST</th>
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</tr>
</thead>
<tbody>
<tr>
<td>1 oz. cereal*</td>
<td>1 cup pineapple juice</td>
<td>3 oz. broiled chicken</td>
</tr>
<tr>
<td>1 cup milk</td>
<td>1 cup milk</td>
<td>1 baked potato with margarine</td>
</tr>
<tr>
<td></td>
<td>1 cup orange juice from</td>
<td>1 cup lima beans*</td>
</tr>
<tr>
<td></td>
<td>concentrate</td>
<td>1/2 cup carrots</td>
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<tr>
<td></td>
<td>1 egg (3 times per week)</td>
<td>1 brownie</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 cup tea</td>
</tr>
</tbody>
</table>

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

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