

Table 1**Food Sources of Folate***

Food	Serving Size	Amount (mcg)	%Daily Value[‡]
Chicken liver	3.5 oz	770	193
Breakfast cereals	1/2 to 1 1/2 cup	100-400	25-100
Braised beef liver	3.5 oz	217	54
Lentils, cooked	1/2 cup	180	45
Chickpeas	1/2 cup	141	35
Asparagus	1/2 cup	132	33
Spinach, cooked	1/2 cup	131	33
Black beans	1/2 cup	128	32
Kidney beans	1/2 cup	115	29
Baked beans with pork	1 cup	92	23
Lima beans	1/2 cup	78	20
Tomato juice	1 cup	48	12
Brussels sprouts	1/2 cup	47	12
Orange	1 medium	47	12
Broccoli, cooked	1/2 cup	39	10

*Folic acid and folate are interchangeable terms. Folic acid is the synthetic form of folate, which is found naturally in some foods.

[‡]based on Daily Value for folate of 400 mcg

Sources: Pennington, Jean AT, ed. *Food Values of Portions Commonly Used*. 16th ed. Philadelphia, PA: Lippincott Raven Publishers; 1994.

Food and Drug Administration: www.fda.gov/fdac/features/796_fcht.html and USDA Nutrient Database for Standard Reference:

www.nal.usda.gov/fnic/foodcomp.