

WHERE IS THE FOLATE?

Top 20: Folate-Rich Foods¹

Listed are the top 20 folate-rich foods (naturally occurring, excluding organ meats and veal)

FOOD	FOLATE
1. Brewer's Yeast, 1 TBSP.	313
2. Lentils, ½ C, cooked	180
3. Edamame, ½ C, frozen	179
4. Romaine Lettuce, 2 C	152
5. Pinto Beans, ½ C, cooked	147
6. Okra, ½ C, cooked	134
7. Black Beans, ½ C, cooked	128
8. Black-eyed peas, ½ C, cooked	120
9. Spinach, 2 C, fresh	218
10. Kidney Beans, ½ C, cooked	115
11. Broccoli, 1 C, chopped & cooked	104
12. Brussel Sprouts, 1 C, cooked	94
13. Collard Greens, ½ C, cooked	88
14. Garbanzo Beans, ½ C, canned	80
15. Asparagus, 1 C, fresh	79
16. Orange Juice, 1 C, fresh	74
17. Beets, ½ C, cooked	68
18. Whole Wheat Bread, 2 slices	60
19. Orange, 1 large	55
20. Papaya Cubes, 1 C	53
21. Tofu, ¾ C	53

70% of plant-based folate is methylfolate

¹Elaine Magee, MPH, RD, <http://www.silverplanet.com/health/nutrition/recipe-doctor/what-people-over-50-need-know-about-folate/top-20-folate-rich-foods/5382>