

Food Sources of Folate

Breakfast cereal (folate-fortified)	Energy drink (folate-fortified)	Duck liver	Goose liver	Turkey liver	Chicken liver
Formulated bar (folate-fortified)	Chicken giblets	Edamame	Turkey giblets	Lamb liver	Beef liver
Veal liver	Arrowroot	Cowpeas	Cranberry beans	Macaroni (folate-fortified)	Spaghetti (folate-fortified)
Protein shake (folate-fortified)	Lentils	Pork liver	Yardlong beans	Moth beans	Pinto beans
Whey protein powder isolate (folate-fortified)	Mung beans	Pink beans	Adzuki beans	Granola bar (folate-fortified)	Pasta (folate-fortified)
Chickpeas	White rice (folate-fortified)	Lima beans	Nutrition shake (folate-fortified)	Black beans	Asparagus
Rice and vermicelli mix (folate-fortified)	Noodles (folate-fortified)	Spinach	Breakfast cereal made with wheat germ	Navy beans	Instant breakfast drink (folate-fortified)
White beans	Chicken liver pate	Macaroni and cheese (folate-fortified)	Peanut butter (folate-fortified)	Kidney beans	Great northern beans
Turnip greens	Pigeon peas	Bread stuffing (folate-fortified)	Black turtle beans	Artichokes	Conch
Bread (folate-fortified)	Garland chrysanthemum	Chrysanthemum leaves	Fava beans	Immature seeds of pigeon pea	Green soybeans
Immature seeds of cowpea	Chocolate drink (folate-fortified)	Bagels (folate-fortified)	French beans	Rolls (folate-fortified)	Yellow beans
Potherb jute	Mustard spinach	Rice mix (folate-fortified)	Pancakes (folate-fortified)	Soybeans	Yogurt parfait with granola (folate-fortified)
Soy-based protein powder	Fava beans in pod	Bean burrito (folate-fortified)	French toast sticks (folate-fortified)	Lupin beans	Hush puppies (folate-fortified)
Endive	Cornmeal (folate-fortified)	Kale	Pasta in tomato sauce (folate-fortified)	Vine spinach	Romaine or cos lettuce
Leafy tips of bitter gourd	Pizza (folate-fortified)	Ravioli (folate-fortified)	Tortilla (folate-fortified)	Collards	Papad
Beef kidney	Taro leaves	Soy burgers	Muffins (folate-fortified)	Dumpling (folate-fortified)	Corn flour (folate-fortified)
English muffin (folate-fortified)	Split-peas	Fireweed leaves	Lasagna (folate-fortified)	Chicory greens	Wheat flour (folate-fortified)
Toaster pastries (folate-fortified)	Spanish rice (folate-fortified)	Boysenberries	Bakery flour mix (folate-fortified)	Leafy tips of cowpea	Black bean soup
Egg rolls (folate-fortified)	Spinach soufflé	Turnover (folate-fortified)	Quinoa	Arugula	Immature seeds of fava bean