

Food Sources of Folate

Information about Folate

- Folate is a water-soluble B vitamin. It is found naturally in foods. This vitamin cannot be stored in your body. You should eat folate-rich foods every day.
- Folate is important for everyone. It helps make red blood cells. If you do not have enough folate, you can get a type of anemia. If you have anemia you may feel tired, weak and unable to concentrate.
- Folate is very important for infants, children and women who are pregnant. It helps to prevent some birth defects.
- Folic acid is a form of folate. This is the type of folate found in vitamin supplements.
- Folicin is the generic name for folic acid and folic acid-related substances. It may be used instead of the words folic acid and folate.

How Much Folate Should I Aim For?

- Women who could become pregnant, are pregnant or breastfeeding need more folate. They should take a daily folic acid supplement of 400 micrograms (mcg) or 0.4 milligrams (mg).

<i>Age in years</i>	<i>Aim for an intake of mcg/day</i>	<i>Stay below* mcg/day</i>
Men and Women 19 and older	400	1000
Pregnant Women 19 and older	600	1000
Breastfeeding Women 19 and older	500	1000

*This includes sources of folate from fortified food and or supplements.

Folate Content of Some Common Foods

Dark green vegetables like broccoli and spinach and dried legumes such as chickpeas, beans and lentils are naturally good sources of folate. In Canada, folic acid is added to all white flour, enriched pasta and cornmeal products. The following table will show you which foods are sources of folate.

<i>Food</i>	<i>Serving size</i>	<i>Folate (mcg)</i>
<i>Vegetables and Fruit</i>		
<i>Vegetables</i>		
Edamame/baby soybeans, cooked	125 mL (½ cup)	106-255
Okra, frozen, cooked	125 mL (½ cup)	97
Spinach, cooked	125 mL (½ cup)	121-139
Artichoke, cooked	125 mL (½ cup)	79-106
Turnip greens or collards, cooked	125 mL (½ cup)	68-90
Broccoli, cooked	125 mL (½ cup)	89
Asparagus, cooked	4 sprouts	128-141
Brussels sprouts, frozen, cooked	6 sprouts	83
Lettuce (romaine, mesclun)	250 mL (1 cup)	65-80
Escarole or endive, raw	250 mL (1 cup)	75
Beets, cooked	125 mL (½ cup)	72
Potato, with skin, cooked	1 medium	48-66
Spinach, raw	250 mL (1 cup)	61
<i>Fruit</i>		
Avocado	½ fruit	81

Papaya	½ fruit	56
<i>Food</i>	<i>Serving size</i>	<i>Folate (mcg)</i>
Orange Juice	125 mL (½ cup)	25-39
<i>Grain Foods</i>		
Pasta, egg noodles, enriched, cooked	125 mL (½ cup)	138
Pasta, white, enriched, cooked	125 mL (½ cup)	88-113
Bagel, plain	½ bagel (45 g)	86
Bread, white	1 slice (35 g)	64
Bread, whole wheat	1 slice (35 g)	11
<i>Protein Foods</i>		
<i>Milk and Alternatives</i>	This food group contains very little of this nutrient	
<i>Meat and Alternatives</i>		
Beans, cranberry/roman, cooked	175 mL (¾ cup)	271
Lentils, cooked	175 mL (¾ cup)	265
Peas (chickpeas, black-eyed, pigeon), cooked	175 mL (¾ cup)	138-263
Beans (mung, adzuki), cooked	175 mL (¾ cup)	234-238
Beans (pink, pinto, navy, black, white, kidney, great northern), cooked	175 mL (¾ cup)	157-218
Sunflower seeds, without shell	60 mL (¼ cup)	77-81
Meatless (fish sticks, meatball, chicken), cooked	75 g (2 ½ oz)	59-77

Soy burgers/vegetarian, meatloaf or patty, cooked	75 g (2 ½ oz)	59
Food	Serving size	Folate (mcg)
Soy nuts	60 mL (¼ cup)	59
<i>Organ Meats</i>		
Liver (turkey, chicken) cooked	75 g (2 ½ oz)	420-518
Liver (lamb, veal), cooked	75 g (2 ½ oz)	262-300
Liver (beef, pork) cooked	75 g (2 ½ oz)	122-195
<i>Miscellaneous</i>		
Yeast extract spread (vegemite or marmite)	5mL (1 tsp)	360

Source: "Canadian Nutrient File 2015" www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php [accessed June 2016]



Notes

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