

THE
HEALTH
FORMULA

Dietary Sources of Folate

Food	mcg DFE per serving
Chicken liver, one	254
Beef liver, 3 ounces	215
Spinach, boiled, 1/2 cup	131
Black-eyed peas, boiled, 1/2 cup	105
Asparagus, boiled, 4 spears	89
Lettuce, romaine, shredded, 1 cup	64
Avocado, raw, sliced, 1/2 cup	59
Spinach, raw, 1 cup	58
Green peas, frozen, boiled, 1/2 cup	47
Kidney beans, canned, 1/2 cup	46
Peanuts, dry roasted, 1 ounce	41
Crab, Dungeness, 3 ounces	36
Orange, fresh, 1 small	29