

Appendix A: Dietary sources of folate

Dietary Sources of Folate ¹ (RDA* 0.4mg, pregnant women 0.6mg)	
Food	milligrams
Ready-to-eat cereal, fortified, 1 serving	0.4
Potato, Baked, flesh and skin, 1 medium	0.7
Banana, raw, 1	0.68
Garbanzo beans, 4 oz	0.57
Chicken breast, ½ breast	0.52
Oatmeal, instant, fortified, 1 packet	0.42
Pork loin, lean, 3 oz	0.42
Roast beef, lean, 3 oz	0.32
Trout, rainbow, 3 oz	0.29
Sunflower seeds, 1 oz	0.23
Spinach, 8 oz	0.14
Tomato juice, 6 oz	0.2
Avocado, 8 oz	0.2
Salmon, Sockeye, 3 oz	0.19
Tuna, 3 oz	0.18
Wheat bran, 4 oz	0.18
Peanut butter, 2 Tbs.	0.15
Walnuts, 1 oz	0.15
Soybeans, green, 8 oz	0.05
Lima beans, 8 oz	0.1

¹Office of Dietary Supplements. National Institutes of Health. Dietary Supplement Fact Sheet: Folate; Updated 4/15/2009. Available from: <http://ods.od.nih.gov/factsheets/Folate-HealthProfessional/>.
*Recommended dietary allowance