

Folate (B9) Foods

PER CALORIE

Vegetables

- endive - 16710 mcg/2000 cal
- lettuce - 15980 mcg/2000 cal
- asparagus - 13530 mcg/2000 cal
- spinach - 12680 mcg/2000 cal
- chicory greens - 9570 mcg/2000 cal
- parsley - 8440 mcg/2000 cal
- collards - 8060 mcg/2000 cal
- arugula - 7750 mcg/2000 cal
- broccoli raab - 7550 mcg/2000 cal
- amaranth leaves - 7350 mcg/2000 cal
- bok choy - 6830 mcg/2000 cal
- broccoli - 6150 mcg/2000 cal
- coriander leaf - 5380 mcg/2000 cal
- radicchio - 5190 mcg/2000 cal
- kale - 5070 mcg/2000 cal
- beets - 5070 mcg/2000 cal
- celery - 4620 mcg/2000 cal
- cauliflower - 4530 mcg/2000 cal
- kimchi - 4270 mcg/2000 cal
- okra - 4180 mcg/2000 cal
- mung bean sprouts - 4070 mcg/2000 cal
- scallions - 4000 mcg/2000 cal
- zucchini - 3730 mcg/2000 cal
- artichoke hearts - 3360 mcg/2000 cal
- cabbage - 3300 mcg/2000 cal
- red bell peppers - 3190 mcg/2000 cal
- radish - 3090 mcg/2000 cal
- Brussels sprouts - 2840 mcg/2000 cal
- hearts of palm - 2790 mcg/2000 cal
- sauerkraut - 2460 mcg/2000 cal
- brown mushrooms - 2270 mcg/2000 cal
- green beans - 2130 mcg/2000 cal
- snow peas - 2000 mcg/2000 cal
- yellow bell pepper - 1930 mcg/2000 cal
- broadbeans - 1890 mcg/2000 cal
- fennel bulb - 1730 mcg/2000 cal
- watercress - 1640 mcg/2000 cal
- parsnip - 1630 mcg/2000 cal
- leeks - 1550 mcg/2000 cal
- pickled beets - 1500 mcg/2000 cal
- chayote squash - 1500 mcg/2000 cal
- green peas - 1500 mcg/2000 cal
- beet greens - 1360 mcg/2000 cal
- sour pickles - 1330 mcg/2000 cal
- dill pickles - 1330 mcg/2000 cal
- portabella mushrooms - 1310 mcg/2000 cal
- dandelion greens - 1200 mcg/2000 cal
- kohlrabi - 1180 mcg/2000 cal
- rutabaga - 1000 mcg/2000 cal

Offal

- chicken liver - 6640 mcg/2000 cal
- veal liver - 3450 mcg/2000 cal
- beef liver - 2650 mcg/2000 cal
- pork liver - 1940 mcg/2000 cal
- lamb kidney - 1180 mcg/2000 cal
- beef kidney - 1050 mcg/2000 cal
- chicken heart - 860 mcg/2000 cal
- lamb liver - 660 mcg/2000 cal
- pork kidney - 540 mcg/2000 cal

Fruit

- papaya - 1720 mcg/2000 cal
- tomato - 1660 mcg/2000 cal
- strawberries - 1500 mcg/2000 cal
- mango - 1430 mcg/2000 cal
- orange - 1280 mcg/2000 cal
- cantaloupe - 1240 mcg/2000 cal
- blackberries - 1160 mcg/2000 cal
- avocado - 1060 mcg/2000 cal
- honeydew melon - 1060 mcg/2000 cal
- clementine - 1020 mcg/2000 cal
- pomegranate - 920 mcg/2000 cal
- kiwi fruit - 820 mcg/2000 cal
- raspberries - 800 mcg/2000 cal
- pineapple - 720 mcg/2000 cal
- grapefruit - 620 mcg/2000 cal
- mandarin - 600 mcg/2000 cal

Beans, Legumes, Grains, Nuts & Seeds

- lentils - 3120 mcg/2000 cal
- black beans - 2260 mcg/2000 cal

- bran flakes - 2250 mcg/2000 cal
- pinto beans - 2160 mcg/2000 cal
- kidney beans - 2050 mcg/2000 cal
- chickpeas - 2030 mcg/2000 cal
- lentil sprouts - 1890 mcg/2000 cal
- edamame - 1570 mcg/2000 cal
- white bread - 1170 mcg/2000 cal
- corn - 1100 mcg/2000 cal
- French bread - 1050 mcg/2000 cal
- pita bread - 1020 mcg/2000 cal
- lupini - 990 mcg/2000 cal
- flatbread - 990 mcg/2000 cal
- pumpernickel bread - 890 mcg/2000 cal
- hamburger bun - 850 mcg/2000 cal
- peanuts - 850 mcg/2000 cal
- rye bread - 840 mcg/2000 cal
- quinoa - 830 mcg/2000 cal
- sunflower seeds - 780 mcg/2000 cal
- brioche bread - 740 mcg/2000 cal
- wheat bran - 730 mcg/2000 cal
- wheat roll - 700 mcg/2000 cal
- garbanzo beans - 690 mcg/2000 cal
- wheat bread - 640 mcg/2000 cal
- multigrain bread - 570 mcg/2000 cal

Dairy

- egg yolk - 870 mcg/2000 cal
- cream cheese (fat-free) - 670 mcg/2000 cal
- whole egg - 560 mcg/2000 cal
- quark - 540 mcg/2000 cal