

Plant-Based Sources of FOLATE



Daily Folate for Women

- Nonpregnant: 400 mcg
- Pregnant: 600 mcg
- Breastfeeding: 500 mcg

ASPARAGUS



Folate 268 mcg (67% DV)
 Serving Size 1 cup (180 g)
 Calories 40 kcal

SPINACH



Folate 263 mcg (66% DV)
 Serving Size 1 cup (180 g)
 Calories 41 kcal

EDAMAME



Folate 241 mcg (60% DV)
 Serving Size 1/2 cup (78 g)
 Calories 94 kcal

GREEN LENTILS



Folate 179 mcg (45% DV)
 Serving Size 1/2 cup (99 g)
 Calories 115 kcal

BROCCOLI



Folate 168 mcg (42% DV)
 Serving Size 1 cup (155 g)
 Calories 55 kcal

MUNG BEANS



Folate 161 mcg (40% DV)
 Serving Size 1/2 cup (202 g)
 Calories 106 kcal

PINTO BEANS



Folate 147 mcg (37% DV)
 Serving Size 1/2 cup (86 g)
 Calories 123 kcal

MANGO



Folate 144 mcg (36% DV)
 Serving Size 1/2 fruit (336 g)
 Calories 202 kcal

CHICKPEAS



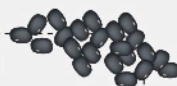
Folate 141 mcg (35% DV)
 Serving Size 1/2 cup (82 g)
 Calories 135 kcal

BEETS



Folate 136 mcg (34% DV)
 Serving Size 1 cup (170 g)
 Calories 75 kcal

BLACK BEANS



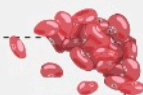
Folate 128 mcg (32% DV)
 Serving Size 1/2 cup (86 g)
 Calories 114 kcal

NAVY BEANS



Folate 128 mcg (32% DV)
 Serving Size 1/2 cup (91 g)
 Calories 128 kcal

KIDNEY BEANS



Folate 115 mcg (29% DV)
 Serving Size 1/2 cup (89 g)
 Calories 113 kcal

SOY NUTS



Folate 98 mcg (25% DV)
 Serving Size 1/2 cup (47 g)
 Calories 218 kcal

BRUSSELS SPROUTS



Folate 94 mcg (23% DV)
 Serving Size 1 cup (156 g)
 Calories 56 kcal

This list contains foods that have more than 90 micrograms (mcg) of folate per serving. Folate is provided in Dietary Folate Equivalents (DFE) to account for the varied bioavailability from different sources. According to the FDA, the Daily Value percentage (% DV) of calcium is based on 400 mcg.