

# High Vitamin B9 (Folate) Foods

Food	Serving (Imperial)	Serving (Metric)	Vitamin B9 Amount (mcg DFE)	% RDA (DV)
Beef liver, cooked	3 oz	85 g	215	54%
Spinach, cooked	1/2 cup	90 g	131	33%
Black-eyes peas, boiled	1/2 cup	90 g	105	26%
Breakfast cereal. 25% of DV	1 serving	28 – 56 g	100	25%
Rice, white, cooked	1/2 cup	90 g	90	23%
Asparagus, boiled	4 spears	56 g	89	22%
Brussels sprouts, cooked	1/2 cup	80 g	78	20%
Lettuce, romaine	1 cup	56 g	64	16%
Avocado	1/2 cup	100 g	59	15%
Broccoli chopped	1/2 cup	85 g	52	13%
Mustard greens, cooked	1/2 cup	70 g	52	13%
Green peas	1/2 cup	80 g	47	12%
Kidney beans, cooked	1/2 cup	90 g	46	12%
Orange juice	6 oz	180 ml	35	9%

## Adult U.S.RDA (Recommend Dietary Allowance)

400 mcg DFE Male

400 mcg DFE Female

DFE = dietary folate equivalents

1 mcg DFE = 1 mcg food folate

1 mcg DFE = 0.6 mcg folic acid from fortified foods or dietary supplements consumed with foods

1 mcg DFE = 0.5 mcg folic acid from dietary supplements taken on an empty stomach