

Folate Rich Foods

Asparagus

Brussel Sprouts

Sweet potato

Green leafy veg

Orange juice

Avocado

Peanuts

Cauliflower

Corn

Broccoli

Beans

Lentils

Sprouts

Oatmeal

Okra

Flaxseeds

Beets

Carrots

Spinach

Lima beans

Peas

Oranges

Wheat germ

Sunflower seeds

Almonds

Celery

Squash



Note: Folate is a very unstable nutrient and is easily lost during cooking or processing so these foods are best consumed as fresh and minimally processed or cooked as possible

Tasha
Jennings