

Dietary Sources of Folate

Food	mcg DFE per serving
Chicken liver , one	254
Beef liver , 3 ounces	215
Spinach , boiled, 1/2 cup	131
Black-eyed peas , boiled, 1/2 cup	105
Asparagus , boiled, 4 spears	89
Lettuce , romaine, shredded, 1 cup	64
Avocado , raw, sliced, 1/2 cup	59
Spinach , raw, 1 cup	58
Green peas , frozen, boiled, 1/2 cup	47
Kidney beans , canned, 1/2 cup	46
Peanuts , dry roasted, 1 ounce	41
Crab , Dungeness, 3 ounces	36
Orange , fresh, 1 small	29