Folate Content of Select Foods

Food	Folate(μg)	Food	Folate(μg)
Vegetables		**Fruits**	
asparagus (½ c)	120	cantaloupe (1/4)	100
brussels sprouts (½ c)	116	orange juice (1 c)	87
black-eyed peas (½ c)	102	orange (1)	59
spinach, cooked (½ c)	99	**Grains**	
lettuce, Romaine (1 c)	86	oatmeal (½ c)	97
lima beans (½ c)	71	wild rice (½ c)	37
peas (½ c)	70	wheat germ (1 T)	20
sweet potato (½ c)	43		
broccoli (½ c)	43		

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