

# Florida Folic Acid Coalition

## Food Folate Content

Use the folate amount (micrograms DFE) to compare against the Recommended Dietary Allowances (RDA) for folate. For **women of childbearing age**, use the folic acid amount (micrograms) to meet the recommendation for 400 micrograms/day synthetic folic acid for prevention of birth defects.

Food	Serving Size	Folic Acid Amount* (micrograms)	Folate Amount (micrograms DFE**)
<b>* Synthetic folic acid content.</b>			
<b>** DFE = dietary folate equivalents. Micrograms DFEs = food folate content + (folic acid content x 1.7). The DFE takes into account that synthetic folic acid is better absorbed than foods with the natural form of the vitamin.</b>			
<b>GRAIN FOODS†</b>			
Bagel	1, 3-inch diameter	30	70
Bread, roll, biscuit, ½ English muffin	1 piece	15	25-40
Breakfast cereal	1 cup (check label)	100-400 (check label)	170 (check label)
Cookies	1 ounce, 2 medium size cookies	5-15	10-25
Crackers, round	5 crackers	15	
Crackers, saltine or melba	½ ounce	15	25
Flour tortilla, soft	1, 10-inch diameter	80	140
Grits, cooked	½ cup	40	70
Macaroni, cooked	1 cup	80-90	140-160
Noodles, cooked	1 cup	90	160
Oatmeal, instant ††	1 package	70	125
Oatmeal, regular and quick, cooked ††, §	½ cup	0	5
Pretzels	½ ounce, 8 small thin twists	15	30
Spaghetti, cooked	1 cup	90	160
Toaster pastry	1 pastry	40	70
Wheat germ, toasted §	2 Tablespoons	0	50
White rice, cooked	1 cup	95	170

Source: Bailey and Sutor, Journal of the American Dietetic Association, 2000 except

††USDA National Nutrient Database for Standard Reference, Release 17. Accessed February 8,

2005.

† All foods are enriched or made with enriched flour unless otherwise noted.

§ Not enriched.

Food	Serving Size	Folate Amount (micrograms DFE*)
<b>* DFE = dietary folate equivalents. Fruits, vegetables, dairy foods, meat, poultry, fish, dry beans, eggs and nuts do not contain synthetic folic acid.</b>		
<b>FRUITS</b>		
Apple (with skin)	1, medium	5
Banana	1, medium	20
Blueberries, fresh	½ cup	5
Cantaloupe	¼, medium	40
100% grapefruit juice, ready-to-drink	1 cup	25
Grapes	1 cup	40
Orange	1, medium	40
100% orange juice, ready-to-drink	1 cup	80
Peaches, canned, juice pack	½ cup	5
Raisins	½ cup	5
Strawberries, fresh	8, medium	80
<b>VEGETABLES</b>		
Asparagus, cooked	5 spears	100
Broccoli, cooked	½ cup	50
Brussels sprouts, cooked	½ cup	80
Carrots, cooked	½ cup	10
Cauliflower, cooked	½ cup	35
Corn on the cob	1 large ear	55
Corn, cooked	½ cup	20
French fries, prepared from frozen	10 fries	5
Green beans, cooked	½ cup	5
Green peas, cooked	½ cup	5
Lettuce, iceberg	1 cup	30
Lettuce, romaine	1 cup	40
Mashed potatoes	½ cup	10
Mustard greens, cooked	½ cup	90
Okra, cooked	½ cup	135
Potato, Idaho, baked (with skin)	1, medium	25
Spinach, cooked	½ cup	100
Spinach, raw	1 cup	110
Squash, yellow, cooked	½ cup	15
Tomato, raw	½ tomato	10

<b>Tomato juice</b>	1 cup	50
<b>Turnip greens, cooked</b>	½ cup	85
<b>MEAT, POULTRY, FISH, DRY BEANS, EGGS, &amp; NUTS</b>		
<b>Beans, cooked (black, navy, pinto, kidney)</b>	½ cup	115-145
<b>Egg</b>	1, large	25
<b>Meat, fish, poultry (breaded or batter-fried with enriched flour)</b>	3 ounces, size of a deck of cards	25-50
<b>Meat, fish, poultry (not breaded or batter-fried)</b>	3 ounces, size of a deck of cards	5-15
<b>Peanut butter (do NOT eat if you have a peanut allergy)</b>	2 tablespoons	25
<b>Peanuts, dry roasted (do NOT eat if you have a peanut allergy)</b>	1 ounce, ¼ cup	40
<b>DAIRY</b>		
<b>Cheese, American or hard cheeses (cheddar, etc.)</b>	1¼-inch cube	5
<b>Ice cream</b>	½ cup	10
<b>Milk</b>	1 cup	10-15