

Folic Acid-Friendly

GROCERY LIST

Serving Size	Foods	Folate Content % Daily Value
1/2 cup	Black Beans	36%
1/2 cup	Spinach (cooked)	33%
1 fruit	Avocado	41%
1 fruit	Orange	14%
1/2 cup	Broccoli (cooked)	21%
1 fruit	Banana	6%
2 oz	Chicken Liver	100%
1 cup	Chickpeas (cooked)	71%
1 egg	Eggs	6%
1 cup	Folic-Acid Enriched Pasta	25%

Notes: Folate is a B-vitamin that is essential for many body functions. For a growing baby, folate and folic acid can help prevent birth defects of the neural tube, which develops into the brain and spinal cord. Folate is also important for cell growth and function in all humans.



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