

Folic Acid

Food	Micrograms (µg)	% DV[^]
*Breakfast cereals fortified with 100% of the DV, ¾ cup	400	100
Beef liver, cooked, braised, 3 ounces	185	45
Cowpeas (blackeyes), immature, cooked, boiled, ½ cup	105	25
*Breakfast cereals, fortified with 25% of the DV, ¾ cup	100	25
Spinach, frozen, cooked, boiled, ½ cup	100	25
Great Northern beans, boiled, ½ cup	90	20
Asparagus, boiled, 4 spears	85	20
*Rice, white, long-grain, parboiled, enriched, cooked, ½ cup	65	15
Vegetarian baked beans, canned, 1 cup	60	15
Spinach, raw, 1 cup	60	15
Green peas, frozen, boiled, ½ cup	50	15
Broccoli, chopped, frozen, cooked, ½ cup	50	15
*Egg noodles, cooked, enriched, ½ cup	50	15
Broccoli, raw, 2 spears (each 5 inches long)	45	10
Avocado, raw, all varieties, sliced, ½ cup sliced	45	10
Peanuts, all types, dry roasted, 1 ounce	40	10
Lettuce, Romaine, shredded, ½ cup	40	10
Wheat germ, crude, 2 Tablespoons	40	10
Tomato Juice, canned, 6 ounces	35	10
Orange juice, chilled, includes concentrate, ¾ cup	35	10
Turnip greens, frozen, cooked, boiled, ½ cup	30	8
Orange, all commercial varieties, fresh, 1 small	30	8
*Bread, white, 1 slice	25	6
*Bread, whole wheat, 1 slice	25	6
Egg, whole, raw, fresh, 1 large	25	6
Cantaloupe, raw, ¼ medium	25	6
Papaya, raw, ½ cup cubes	25	6
Banana, raw, 1 medium	20	6

B12

Food	Micrograms (μg) per serving	Percent DV*
Mollusks, clam, mixed species, cooked, 3 ounces	84.1	1400
Liver, beef, braised, 1 slice	47.9	780
Fortified breakfast cereals, (100%) fortified), $\frac{3}{4}$ cup	6.0	100
Trout, rainbow, wild, cooked, 3 ounces	5.4	90
Salmon, sockeye, cooked, 3 ounces	4.9	80
Trout, rainbow, farmed, cooked, 3 ounces	4.2	50
Beef, top sirloin, lean, choice, broiled, 3 ounces	2.4	40
Fast Food, Cheeseburger, regular, double patty & bun, 1 sandwich	1.9	30
Fast Food, Taco, 1 large	1.6	25
Fortified breakfast cereals (25% fortified), $\frac{3}{4}$ cup	1.5	25
Yogurt, plain, skim, with 13 grams protein per cup, 1 cup	1.4	25
Haddock, cooked, 3 ounces	1.2	20
Clams, breaded & fried, $\frac{3}{4}$ cup	1.1	20
Tuna, white, canned in water, drained solids, 3 ounces	1.0	15
Milk, 1 cup	0.9	15
Pork, cured, ham, lean only, canned, roasted, 3 ounces	0.6	10
Egg, whole, hard boiled, 1	0.6	10
American pasteurized cheese food, 1 ounces	0.3	6
Chicken, breast, meat only, roasted, $\frac{1}{2}$ breast	0.3	6