

Folate (folacin, folic acid = the synthetic form)

This B vitamin is important for:

- * cell reproduction- participates in the production of coenzymes used to form DNA & RNA
- * the formation of hemoglobin
- * the prevention of neural tube birth defects and other facial birth defects like cleft palate
- * the protection against cervical, colorectal, and lung cancer
- * lowering homocysteine and therefore cardiovascular risk

Good sources:

- fully mature dried beans
- leafy greens
- enriched* whole grains (do not wash before cooking, the vitamin is in the powder)

Sample:

1 cup cooked fresh asparagus	260 mcg
1 cup fresh chicory greens (not endive)	200 mcg
1 cup cooked collard greens	180 mcg
1 cup cooked spinach	260 mcg
1 cup cooked turnip greens	170 mcg
1/2 cup cooked lentils	180 mcg
1/2 cup cooked chickpeas	140 mcg
1/2 kidney beans	110 mcg
1 cup cooked fresh green peas	100 mcg
1/2 cup cooked fresh soy edamame beans	100 mcg
1 cup beets	140 mcg
1 cup cooked parsnips	100 mcg
1 cup Brussels sprouts	100 mcg
1 cup broccoli	100 mcg
1 cup bok choy	70 mcg
1 cup Romaine lettuce	70 mcg
1 cup escarole	70 mcg
1 cup cooked okra	70 mcg
1 cup cauliflower	50 mcg
1 cup cooked enriched grain products	100 mcg

I have selected foods which offer the most milligrams of folate per portion. When you eat a great variety of other plants you add even more.

Recommendations for a healthy adult: 400 mcg daily