

Folate Rich Food

Source:

<https://www.nhs.uk/medicines/folic-acid/common-questions-about-folic-acid/>

April 2023

Information:

Folate is found naturally in foods, and some foods are fortified with folic acid, which means the vitamin is added to it.

Good sources of folate include:

- spinach, kale, asparagus, brussels sprouts, cabbage and broccoli
- peas, lentils and beans, including chickpeas and black eyed beans
- yeast and beef extracts, including Marmite and Bovril
- oranges and orange juice
- wheat bran and other wholegrain foods
- poultry, pork, shellfish and liver
- fortified foods with added folic acid, including some brands of breakfast cereals