

Foods highest in

Folate, total

"Day%" is the % of the amount required each day; this is in "oz" (ounces) of each food. "oz" of each food is the amount that contains 100 calories. "Score" is total of all nutrient score - 165 is average.

"Day%" is based upon a

400 mcg

nominal daily value.

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Spinach	211%	2601	15.3	435	Green leaf lettuce	63%	1957	23.5	667
Endive	209%	1482	20.7	588	Garden cress	63%	1639	11.0	313
Romaine lettuce	200%	1566	20.7	588	Spearmint, fresh	60%	838	8.0	227
Mustard greens	180%	2403	13.6	385	Basil	59%	1751	13.1	370
Turnip greens	152%	1791	11.0	313	Total Raisin Bran	59%	648	1.1	32
Boston lettuce	140%	1299	27.1	769	Cauliflower	57%	566	14.1	400
Collards	138%	1611	11.8	333	Red leaf lettuce	56%	1603	22.0	625
All-Bran Buds	135%	874	1.4	40	Celery	56%	422	22.0	625
Chinese cabbage (bok choy)	127%	1749	27.1	769	Smart Start Cereal	55%	593	1.0	27
Chicken, liver	127%	983	3.0	86	Sprouted radish seeds	55%	355	8.2	233
All-Bran Original	126%	1025	1.4	38	All-Bran with fiber	55%	1098	1.8	52
Chicory greens	120%	1726	15.3	435	Beef liver	54%	1808	2.6	74
Complete Wheat Bran	109%	1194	1.1	31	Asparagus	52%	586	14.1	400
Seaweed, wakame	109%	562	7.8	222	Iceberg lettuce	52%	410	25.2	714
Balsam-pear (bitter gourd)	107%	1072	11.8	333	Sprouted kidney beans	51%	610	12.2	345
Parsley	106%	2925	9.8	278	Sprouted mung beans	51%	395	11.8	333
Seaweed, kelp	105%	429	8.2	233	Coffee, brewed	50%	1132	352.7	10000
Total cereal	100%	1153	1.1	30	Smart Start Soy Protein	50%	541	1.0	27
Arugula	97%	825	14.1	400	Sprouted navy beans	49%	360	5.3	149
Complete Oat Bran Flakes	96%	1118	1.0	29	Sprouted pinto beans	48%	334	5.7	161
Broccoli raab	94%	1267	16.0	455	Adzuki beans	47%	216	1.1	30
Multi-Grain Cheerios	91%	952	0.9	26	Cowpeas (blackeyes)	47%	223	3.9	111
Total Corn Flakes	89%	1004	0.9	27	Spearmint, dried	46%	762	1.2	35
Chives	88%	1205	11.8	333	Broccoli	46%	748	10.4	294
Dill weed	87%	1166	8.2	233	Cheerios	45%	368	1.0	27
Kellogg's Special K	85%	529	0.9	26	Wheaties	45%	436	1.0	27
Seaweed, agar	82%	359	13.6	385	Summer squash	45%	546	22.0	625
Spinach, canned	76%	1280	18.6	526	Zucchini	45%	553	22.0	625
Swamp cabbage	75%	1506	18.6	526	Cranberry beans	45%	224	1.1	30
Okra	71%	671	11.4	323	Mung beans	45%	218	1.0	29
Coriander (cilantro) leaves	67%	1762	15.3	435	Red bell peppers	44%	1071	13.6	385
Broccoli stalks	63%	764	12.6	357	Cabbage	43%	497	14.1	400
Beets	63%	205	8.2	233	Fiber One	42%	519	1.8	50

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Peppermint, fresh	41%	556	5.0	143	Thyme, dried	25%	869	1.3	36
Chicken liver, canned	40%	261	1.8	50	Sprouted soybeans, cooked	25%	296	4.4	123
Pork liver	40%	1241	2.6	75	Coriander leaf, dried	25%	913	1.3	36
Sprouted alfalfa seeds	39%	496	15.3	435	Orange juice, fr/concentrate	24%	147	7.8	222
Radishes	39%	356	22.0	625	Orange juice,concentrate	24%	138	2.2	63
Chickpeas (garbanzo)	38%	194	1.0	27	Papayas	24%	318	9.0	256
Pinto beans	38%	206	1.0	29	Toasted Wheat Bran	24%	819	1.8	50
Artichokes	36%	293	7.5	213	Sprouted lentils	24%	231	3.3	94
Sprouted kidney beans, cooked	36%	545	10.7	303	Taragon, dried	23%	434	1.2	34
Great northern beans	36%	218	1.0	29	Rosemary, dried	23%	274	1.1	30
Brussels sprouts	35%	692	8.2	233	Toasted wheat germ	23%	521	0.9	26
Sprouted soybeans	35%	271	2.9	82	Eggplant	23%	279	14.7	417
Sprouted mung beans, cooked	35%	397	16.8	476	Soybeans	23%	264	0.8	24
Sprouted navy beans, cooked	34%	320	4.5	128	Oegano, dried	22%	519	1.2	33
Lentils	34%	229	1.0	28	Parsnips	22%	190	4.7	133
Pink beans	34%	206	1.0	29	Veal liver	22%	2093	2.5	71
Kellogg's Corn Flakes	33%	308	1.0	28	Grape leaves	22%	998	3.8	108
Sprouted pinto beans, cooked	33%	299	16.0	455	Fennel bulbs	22%	254	11.4	323
Black beans	33%	198	1.0	29	Sage	22%	554	1.1	32
Sauerkraut, canned	32%	269	18.6	526	Portabella mushrooms	21%	593	13.6	385
Fava beans	31%	218	1.0	29	Tomatoes, ripe	21%	416	19.6	556
POST 100% BRAN	30%	320	1.2	35	Rosemary, fresh	21%	281	2.7	76
Green beans	30%	393	11.4	323	Watercress	20%	2843	32.1	909
Horseradish	30%	148	7.3	208	Split peas	20%	192	1.0	29
Kidney beans	30%	217	1.1	30	Peas	20%	285	4.4	123
Enoki mushrooms	30%	270	8.0	227	Wheat germ, crude	20%	416	1.0	28
Tomato juice	29%	401	20.7	588	Oyster mushrooms	19%	429	10.1	286
White beans	29%	214	1.0	30	Strawberries	19%	359	11.0	313
Yellow beans	28%	211	1.0	29	Purslane	19%	855	22.0	625
Sprouted peas	28%	180	2.8	78	Swiss chard	18%	2849	18.6	526
Soybeans, green	28%	239	2.4	68	White mushrooms	18%	629	16.0	455
Dried basil	27%	866	1.4	40	Guavas	18%	526	5.2	147
Raisin Bran Cereal	27%	325	1.1	32	Italian bread	18%	109	1.3	37
Navy beans	27%	218	1.0	29	Lambsquarters, raw	17%	1219	8.2	233
Leeks	26%	274	5.8	164	Beet greens	17%	1964	16.0	455
Marjoram, dried	25%	659	1.3	37	Orange juice	17%	176	7.8	222
Podded peas	25%	492	8.4	238	Sprouted lentils, cooked	17%	222	3.5	99
Capers, canned	25%	-147	15.3	435	Orange juice, California	16%	190	8.0	227

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White rice, enriched	16%	119	2.9	81	Cucumber	12%	264	23.5	667
Parsley, dried	16%	903	1.3	36	Carrots	12%	1011	8.6	244
Spaghetti, enriched	16%	138	1.0	27	Egg yolk	11%	38	1.1	31
Corn flour, enriched	16%	145	1.0	27	Bread stuffing dry mix	11%	86	0.9	26
Oranges	16%	205	7.5	213	Poultry seasoning	11%	392	1.1	33
Cantaloupe	15%	395	10.4	294	Thyme, fresh	11%	695	3.5	99
Pumpkin	15%	857	13.6	385	English muffins w. calcium	11%	124	1.3	37
Dandelion greens	15%	849	7.8	222	Acerola West Indian cherry	11%	5971	11.0	313
Kohlrabi	15%	510	13.1	370	Whole duck egg	11%	83	1.9	54
Rutabagas	15%	251	9.8	278	Gourd	11%	300	25.2	714
Blackberries	15%	285	8.2	233	Rye bread	11%	111	1.4	39
Kale	15%	1747	7.1	200	Peanuts	11%	142	0.6	18
Bay leaf spice	14%	368	1.1	32	White bread	10%	91	1.3	38
Chili peppers	14%	693	8.8	250	Farm-raised crayfish	10%	383	4.9	139
Bagels, plain	14%	122	1.4	39	Kiwi	10%	287	5.8	164
Shiitake mushrooms	14%	356	1.2	34	Crushed tomatoes, canned	10%	310	11.0	313
Turnips	13%	231	12.6	357	Raspberries	10%	234	6.8	192
Sweet yellow corn	13%	139	4.1	116	Quaker Puffed Rice	10%	70	0.9	26
Chicken noodle soup	13%	126	6.7	189	Soyburger	10%	171	1.8	52
Honeydew melons	13%	110	9.8	278	Sunflower seed kernels	10%	220	0.6	18
Soy protein isolate	13%	331	1.0	30	Popovers, dry mix	10%	77	1.0	27
Italian (Crimini) mushrooms	13%	606	13.1	370	Spaghetti squash	10%	137	11.4	323
Sourdough or French Bread	13%	101	1.2	35	Lemons	9%	318	12.2	345
Clementines	13%	167	7.5	213	Pumpernickel bread	9%	124	1.4	40
Semolina, enriched	13%	137	1.0	28	Sprouted peas, cooked	9%	160	3.6	102
Avocados raw	13%	142	2.2	63	Paprika	9%	763	1.2	35
Crab	13%	590	4.1	115	Wheat bran, crude	9%	677	1.6	46
Hummus	13%	113	2.1	60	Pumpkin, canned	9%	1139	10.4	294
Green bell peppers	13%	738	17.6	500	Seaweed, spirulina	9%	596	13.6	385
Hard pretzels	12%	75	0.9	26	Orange roughy	9%	380	4.6	132
Mussels	12%	777	4.1	116	Pineapple juice w/vit C	8%	152	6.7	189
Grape-Nuts Cereal	12%	142	1.0	28	Pumpkin pie mix, canned	8%	260	3.4	96
Onion powder	12%	86	1.0	29	Red/cayenne pepper	8%	541	1.1	31
Onions	12%	113	8.8	250	Beef broth,from cube	8%	-584	117.6	3333
Curry powder	12%	323	1.1	31	Rhubarb	8%	325	16.8	476
Shallots	12%	176	4.9	139	Oat bran muffins	8%	138	1.3	37
Tomatoes, canned	12%	296	20.7	588	Egg, whole	8%	123	2.5	70
7-grain bread	12%	144	1.4	40	Beef jerky	8%	37	0.9	24

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Saltines (oyster, soup)	8%	53	0.8	23	Grapefruit juice	6%	187	9.0	256
Croutons	8%	84	0.9	25	Ramen noodle	6%	53	0.8	23
Chili powder	8%	497	1.1	32	Chicken Broth 1% fat	6%	17	88.2	2500
Salsify, (vegetable oyster)	8%	127	4.3	122	Tofu	6%	98	3.0	86
Crackers, saltines, fat-free	8%	83	0.9	25	Meatball and pasta, canned	6%	95	3.4	97
Lotus seeds raw	8%	156	4.0	112	Plain frozen waffles	6%	133	1.1	32
Lotus seeds, dried	8%	156	1.1	30	Kumquats	6%	151	5.0	141
Grapefruit	8%	228	11.0	313	Millet	6%	107	0.9	26
Pineapple	8%	243	7.3	208	Bananas	6%	82	4.0	112
Bread crumbs, seasoned	8%	99	0.9	26	Puffed millet	6%	60	1.0	28
Orange peel	8%	274	3.6	103	Tomatillos	5%	212	11.0	313
Soy milk	8%	274	6.8	192	Clams	5%	1591	4.8	135
Japanese chestnuts	8%	158	2.3	65	Mangos	5%	111	5.4	154
Chinese chestnuts, raw	8%	123	1.6	45	Cheese-flavor corn twists	5%	39	0.6	18
Japanese chestnuts, dried	8%	158	1.0	28	Yogurt, fat free	5%	213	6.3	179
Tangerines, mandarin oranges	8%	124	6.7	189	Oat bran	5%	330	1.4	41
Lima beans	8%	252	3.1	88	Gingersnaps	5%	58	0.8	24
Saffron	8%	531	1.1	32	Potatoes with skin	5%	146	4.6	130
European chestnuts, dried	7%	81	1.0	27	Beer, light	5%	-2	12.2	345
Ginko nuts	7%	104	1.9	55	Whole-wheat bread	5%	147	1.4	40
European chestnuts	7%	88	1.8	51					
Wonton wrappers	7%	91	1.2	34					
Biscuits, plain, dry mix	7%	59	0.8	23					
Kellogg's Nutri-Grain	7%	75	1.0	27					
Avocados	7%	130	2.9	83					
Cloves	7%	581	1.1	31					
Chestnuts, european	7%	101	1.4	41					
Hard-boiled egg	7%	98	2.3	65					
Ensure plus	7%	116	2.5	71					
Lemon peel	7%	479	7.5	213					
Tofu, firm	7%	277	5.0	143					
Limes	7%	222	11.8	333					
Wild rice	7%	128	1.0	28					
Sun-dried tomatoes	7%	211	1.4	39					
Pimento, canned	7%	884	15.3	435					
Bamboo shoots	6%	393	13.1	370					
Gravy, au jus, dry	6%	-89	1.1	32					
Pop Tarts	6%	12	0.9	26					