

# FOLATE

Did you know???



Folate is a **B-vitamin** that is naturally present in many foods. Your body needs folate to make DNA and other genetic material. Your body also needs folate for your cells to divide. It is very important for pregnant mothers. A form of folate, called folic acid, is used in fortified foods and most **dietary supplements**.

## NUTRITIONAL FACTS

FOOD	QTY	FOLATE	DAILY %	CARBS	PROTEIN	CALS
Lentils (cooked)	1 cup	358.4ug	90%	39.9g	17.9g	229
Beetroot	1 cup	308ug	77%	27g	4.6g	121
Black Beans	1 cup	240.8ug	60%	44.8g	14.2g	240
Mango	1	144.5ug	36%	50.3g	2.8g	201
Beef liver	50g	126.5ug	32%	2.6g	14.5g	95.5
Sweetcorn	1 cup	102.9ug	26%	40.8g	5.1g	166
White beans	1 cup	170.3ug	43%	55.5g	19g	298
Papayas	1 cup	96.2ug	24%	28.1g	1.2g	118
Green Peas	1 cup	94.2ug	24%	21g	7.9g	117
Chickpeas	1 cup	78.7ug	20%	36.9g	11.6g	228

1. [www.Cronometer.com](http://www.Cronometer.com)  
 2. <https://ods.od.nih.gov/factsheets/Folate-Consumer>