



# A cooking and nutrition Fact Sheet

August 2010

## Delicious Ways to Get More Folic Acid: Morning, Noon & Night

Supplements can be an important way to get folic acid, but food offers the benefit of great taste! Get yourself into a folic acid habit by including good food sources in all your meals. When you are grocery-shopping, check the labels on bread and cereal products to make sure that you are getting the folic acid that your body deserves.

Food/serving size	Daily Value (400 mcgs)
Total cereal, ½ cup	100%
Lentils, ½ cup cooked	45%
Chickpeas, ½ cup cooked	35%
Spinach, ½ cup cooked	33%
Asparagus, ½ cup cooked	30%
Orange juice, 1 cup	27%
Peanuts (dry-roast), 1/3 cup	25%
Pistachios (roasted), 1 oz.	25%
Strawberries, 8 med. raw	20%
Wheat germ, ¼ cup	20%
Enriched bread, 1 slice	10%

### Breakfast Bonanzas

- Orange juice and fortified cereal
- Toaster waffles with frozen berries
- English muffin with peanut butter
- Oatmeal with sliced berries
- Bran muffins

### Luscious Lunches

- Lentil soup and wheat crackers
- Spinach salad with chickpeas
- Bean chili with a green salad
- Tuna sandwich with a fruit salad
- Veggie soup with whole wheat roll

### Quick Snacks

- Whole orange or banana
- Toasted soybeans
- Peanuts or pistachios
- Cereal and milk
- Tomato juice

### Delightful Dinner Dishes

- Baked beans
- Steamed asparagus or beets
- Stir-fried broccoli
- Three bean salad
- Spinach and avocado salad

Information courtesy of Eat Right Montana  
"Celebrating Healthy Families 2002"



Montana State University Extension