

Common Household Food Items Containing Folate and Folic Acid

Fruits

- Avocado
- Banana
- Grapefruit
- Lemon
- Lime
- Orange
- Papaya



Vegetables

- Asparagus
- Broccoli
- Beets
- Brussel sprouts
- Dark, leafy green vegetables

Protein

- Eggs
- Liver
- Beans
- Lentils
- Peas



Nuts and Seeds

- Flax seeds
- Sunflower seeds
- Peanuts
- Walnuts
- Whole grains



Grains

- Breakfast cereals
- Bread
- Cornmeal
- Corn and wheat flour
- Pasta
- Rice



Folic acid for a healthy baby
Indiana Birth Defects and Problems Registry



NOTE: Reach out to your local WIC clinic for approved foods. | Check the food label to ensure folic acid is 100% included!

Men ko ilo Mweo imõm im elõñ

Folate im Folic ie

Leen Wõjke

- Avocado
- Pinana
- Grapefruit
- Lemon
- Laim
- Oran
- Keinnapu



Leen Atake

- Asparagus
- Broccoli
- Beet ko
- Brussel Sprout ko
- Kain Bwilik ko me eddo an green

Protein

- Lõb
- Aj in Kau
- Bean ko
- Lentil ko
- Pijj



Nut ko im Ine ko

- Ine in Flax
- Ine in Sunflower
- Pinõt
- Walnut ko
- Whole grain ko



Grain ko

- Mõñã ko in Jibboñ cereal
- Pilawa
- Cornmeal
- Pilawa Corn im Pilawa Wheat
- Jipegari
- Rajj



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KAJELÃ: Kwõn kepãake clinic in WIC ilo jukjukin pãd eo am ñan lale kain mõñã ko re teru. |
Reade label in mõñã ko ñan lale elañie folic acid e pãd ie ejjelok kajjõtõk kake!