

Common Household Food Items Containing Folate and Folic Acid

Fruits

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



Nuts and Seeds

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



Vegetables

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



Protein

- ☐ Eggs
- ☐ Liver
- ☐ Beans
- ☐ Lentils
- ☐ Peas



Grains

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



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