

# Vitamin B9 (Folate)

## Fact Sheet



**Vitamin B9** (also known as **folate**) cannot be made in the body, thus it must be consumed through diet. It plays a vital role in making DNA and RNA (substances needed to make protein in the body) for normal growth and development.

Prior to and during pregnancy, women are recommended to take a 400mcg supplement daily to meet the daily recommended allowance.

### How much is that in terms of food?

Food	Serving Size	Vitamin B9 (mcg)
Beans, black, raw	½ cup (100g)	440
Broad beans (fava beans) dry	¼ cup (60g)	394
Beans, Kidney, red	½ cup (100g)	360
Kellogg’s All Bran Buds	¼ cup (75mL)	300
Game meat	2 ½ oz (75g)	281
Long-grain rice	¾ cup (175mL)	275
Black eye peas, cooked	¾ cup (175ml)	265
Seaweed	1oz (28g)	255
Chickpeas	½ cup (100g)	223
Pork liver	2 ½ oz (75g)	212
Lentils, Cooked	½ cup (100g)	181
Asparagus, broiled, drained	1 cup (100g)	135
Lentils, Dry	¼ cup (60g)	134
Broccoli, broiled, drained	1 cup (100g)	108
Spring mix	2 ½ cups (100g)	106
Edamame, boiled	½ cup (125ml)	106
Brussels sprouts, boiled	½ cup (125ml)	99
Peanuts, raw	¼ cup (60ml)	89
Napa cabbage, raw	2 ½ cups (100g)	83
Artichoke hearts, boiled	½ cup (125ml)	81
Avocado, sliced	½ cup(125ml)	79
Cauliflower	1 cup (100g)	57
Eggs, poached	2 eggs (100g)	54
Rye / whole grain bread	1 slice (35g)	53
Cottage cheese, 1% M.F.	1 cup (125ml)	29
Yogurt, plain	¾ cup (175ml)	29
Peanut butter	2 tbsp	26

### How much do you need?

Age	Recommended Dietary Allowance (mcg)	
	Female	Male
1-3 years	150	150
4-8 years	200	200
9-13 years	300	300
14-18 years	400	400
18+ years	400	400
Pregnancy	600	
Lactation	500	
Upper Limit	1000	1000



### How to get your daily total:

Option 1	
2 slices bread at lunch	106
1 cup of brussel sprouts	198
1 cup chickpeas at dinner	318
Total = 517 mcg	

Option 2	
¼ cup Kellogg’s All Bran Buds in yogurt for snack	300 29
2 cups mixed spring lettuce at lunch	212
Total = 541 mcg	