








FOODS HIGH IN FOLATE/B9

Avocado	
Banana	
Broccoli	
Chick Peas, Cooked Lentils and Peas	
Eggs	
Lettuce (Cos or Romaine) and Spinach	
Tomato	

Others: Asparagus, Bread, Brussels Sprouts, Cantaloupe (Rockmelon), Enriched Pasta, Fortified Cereals, Great Northern Beans, Orange Juice, Peanuts, Potato, Salmon, Strawberries, Tropical fruits (Mango, Pomegranate, Papaya, Guava, Kiwi), Vegemite, Walnuts.