

# Folate

## FOOD SOURCES

The MTHFR gene is key to converting folate for use in the cells. The MTHFR C677T variant decreases enzyme function by 40-70%.

Do you have to take supplements if you carry the MTHFR variant? **Nope.** You can add more folate-rich foods to your diet instead. Research shows that a folate-rich diet is enough to overcome the negative effects of the variant.

Food	Folate (mcg)/ serving	Percent DV*
Beef liver, braised, 3 ounces	215	54%
Spinach, boiled, ½ cup	131	33%
Black-eyed peas (cowpeas), boiled, ½ cup	105	26%
Asparagus, boiled, 4 spears	89	22%
Brussels sprouts, frozen, boiled, ½ cup	78	20%
Lettuce, romaine, shredded, 1 cup	64	16%
Avocado, raw, sliced, ½ cup	59	15%
Spinach, raw, 1 cup	58	15%
Broccoli, chopped, frozen, cooked, ½ cup	52	13%
Mustard greens, chopped, frozen, boiled, ½ c.	52	13%
Bread, white, 1 slice†	50	13%
Green peas, frozen, boiled, ½ cup	47	12%
Kidney beans, canned, ½ cup	46	12%
Wheat germ, 2 tablespoons	40	10%
Tomato juice, canned, ¾ cup	36	9%
Crab, Dungeness, 3 ounces	36	9%
Orange juice, ¾ cup	35	9%
Turnip greens, frozen, boiled, ½ cup	32	8%
Peanuts, dry roasted, 1 ounce	27	7%
Orange, fresh, 1 small	29	7%
Papaya, raw, cubed, ½ cup	27	7%
Banana, 1 medium	24	6%
Yeast, baker's, ¼ teaspoon	23	6%
Egg, whole, hard-boiled, 1 large	22	6%

