

FOLATE RICH FOODS



Catla Fish
(कटला मछली)
Total Folate - 1926 μ g



Moth beans
(मोठा)
Total Folate - 349 μ g



Rajma
(राजमा)
Total Folate - 316 μ g



Soya bean
(सोयाबीन)
Total Folate - 297 μ g



Spinach
(पालक)
Total Folate - 142 μ g

*Nutrient rich food items derived from relevant food groups, locally available and commonly consumed by the Indian population

Values are per 100 g

FOLATE RICH FOODS



Field beans, tender, lean
(सेम)
Total Folate - 127 μ g



Field beans, tender, broad
(बकला)
Total Folate - 123 μ g



Mustard Leaves
(सारसो का साग)
Total Folate - 110 μ g



Beetroot
(चुकंदर)
Total Folate - 97.4 μ g



Mango ripe, Himsagar
(आम पका)
Total Folate - 90.9 μ g

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Values are per 100 g