## **FOLATE RICH FOODS**



Catla Fish (कटला मछली) Total Folate - 1926 µg



Moth beans (मोठा) Total Folate - 349 μg



Rajma (राजमा) Total Folate - 316µg



Soya bean (सोयाबीन) Total Folate - 297 μg



Spinach (पालक) Total Folate - 142µg

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

## **FOLATE RICH FOODS**



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



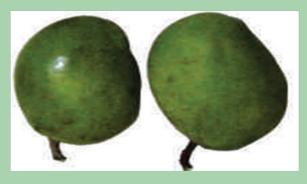
Field beans, tender, broad (बकला) Total Folate - 123µg



Mustard Leaves (सारसो का साग) Total Folate - 110µg



Beetroot (चुकंदर) Total Folate - 97.4 μg



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

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