

Supplementary Table 1. Common food sources of folate and folic acid [67,68]

Food	DFE per serving, μg^{a}	DV, %
Black-eyed peas (cowpeas), boiled, $\frac{1}{2}$ cup	105	26
Breakfast cereals, fortified with 25% of the DV ^b	100	25
Rice, white, medium-grain, cooked, $\frac{1}{2}$ cup ^b	90	22
Asparagus, boiled, 4 spears	89	22
Brussels sprouts, frozen, boiled, $\frac{1}{2}$ cup	78	20
Spaghetti, cooked, enriched, $\frac{1}{2}$ cup ^b	74	19
Lettuce, romaine, shredded, 1 cup	64	16
Avocado, raw, sliced, $\frac{1}{2}$ cup	59	15
Spinach, raw, 1 cup	58	15
Broccoli, chopped, frozen, cooked, $\frac{1}{2}$ cup	52	13
Mustard greens, chopped, frozen, boiled, $\frac{1}{2}$ cup	52	13
Bread, white, 1 slice ^b	50	13
Green peas, frozen, boiled, $\frac{1}{2}$ cup	47	12
Kidney beans, canned, $\frac{1}{2}$ cup	46	12
Wheat germ, 2 tablespoons	40	10

DFE, dietary folate equivalent; DV, daily value.

^aDFE (μg) = naturally occurring folate + (1.7 \times folic acid), ^bFortified with folic acid as part of the folate fortification program.