

You Can Find Folic Acid In These Foods

<p><u>Asparagus</u></p> 	<p><u>Brussels sprouts</u></p> 	<p><u>Eggs</u></p> 	<p><u>Mustard greens</u></p> 	<p><u>Soybeans</u></p> 
<p><u>Avocado</u></p> 	<p><u>Bulgur wheat</u></p> 	<p><u>Kidney beans</u></p> 	<p><u>Orange juice</u></p> 	<p><u>Spinach</u></p> 
<p><u>Beef liver</u></p> 	<p><u>Cabbage family</u></p> 	<p><u>Lima beans</u></p> 	<p><u>Organ meats</u></p> 	<p><u>Turnips</u></p> 
<p><u>Beets</u></p> 	<p><u>Cantaloupe</u></p> 	<p><u>Milk</u></p> 	<p><u>Root vegetables</u></p> 	<p><u>Wheat germ</u></p> 
<p><u>Boysenberries</u></p> 	<p><u>Citrus fruits</u></p> 	<p><u>Mung beans</u></p> 	<p><u>Salmon</u></p> 	<p><u>White beans</u></p> 
<p><u>Brewer's yeast</u></p> 	<p><u>Dark leafy greens</u></p> 			<p><u>Whole grains</u></p> 