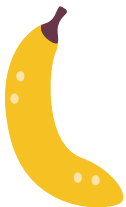


# Common Household Food Items Containing Folate and Folic Acid

## Fruits

- Avocado
- Banana
- Grapefruit
- Lemon
- Lime
- Orange
- Papaya



## Nuts and Seeds

- Flax seeds
- Sunflower seeds
- Peanuts
- Walnuts
- Whole grains



## Vegetables

- Asparagus
- Broccoli
- Beets
- Brussel sprouts
- Dark, leafy green vegetables



## Protein

- Eggs
- Liver
- Beans
- Lentils
- Peas



## Grains

- Breakfast cereals
- Bread
- Cornmeal
- Corn and wheat flour
- Pasta
- Rice



Folic acid for a healthy baby  
Indiana Birth Defects and Problems Registry

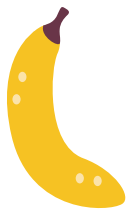


NOTE: Reach out to your local WIC clinic for approved foods. | Check the food label to ensure folic acid is 100% included!

# Folat ak Asid Folik

## Fwi

- Zaboka
- Fig mi
- Chadèk
- Sitwon
- Sitwon vèt
- Zoranj
- Papay



## Legim

- Aspèj
- Bwokoli
- Bètrav
- Chou briksèl
- Legim vèt ki gen fèy fonse

## Pwoteyin

- Ze
- Fwa
- Pwa
- Lantiy
- Peti pwa



## Nwa ak Grenn

- Grenn len (Flax seeds)
- Grenn tounsòl (Sunflower)
- Pistach
- Nwazèt
- Grenn antye



## Grenn

- Sereyal pou dejne
- Pen
- Farin mayi
- Farin mayi ak farin ble
- Pasta
- Diri



Asid folik pou yon tibebe ki an sante  
Rejis sou Malformasyon ak Pwoblèm Konjenital nan Indiana



Indiana  
Department  
of  
Health