

Food Sources of Folate

While MTHFR gene mutations can slow the conversion of folate you eat (dihydrofolate) into the active folate (5-MTHF), it is still vitally important to consume as much natural folate as you can through your diet. It is important to remember, a mutation in the MTHFR gene simply means a **reduction** in function, not that it has shut down completely! So, the more natural folate you consume, the more folate your MTHFR gene will have to convert into the all-important active folate.

And remember, eating these folate-rich foods means you are also receiving the benefits from the many other nutrients and phytochemicals they contain. So eat up, and enjoy!

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(Content of natural folate in microgram's per 100 gram serving of food)

1. Duck liver (raw)	738mcg
2. Mung beans (raw)	625mcg
3. Chickpea /besan flour	437mcg
4. Leek (freeze-dried)	366mcg
5. Wheat germ	281mcg
6. Peanuts (raw)	240mcg
7. Sunflower seeds (toasted)	238mcg
8. Red capsicum/ peppers (freeze-dried)	229mcg
9. Spinach (raw)	194mcg
10. Asparagus (frozen)	191mcg
11. Mustard greens (raw)	187mcg
12. Quinoa (uncooked)	184mcg
13. Lentils (cooked)	181mcg
14. Kelp seaweed (raw)	180mcg
15. Collard greens (raw)	166mcg
16. Lima beans (cooked)	150mcg
17. Black beans (cooked)	149mcg
18. Egg yolk (raw)	146mcg
19. Cos or Romaine lettuce (raw)	136mcg
20. Kidney beans (cooked)	130mcg