

Folic Acid Shopping List

Best Buys for the Best You

Cereals (100% Folic Acid Fortified)

General Mills

- Wheat Chex
- Multi-Grain Cheerios

Kellogg's

- Product 19
- Special K

Quaker

- Life
- King Vitamin
- Oat Bran

Enriched Grain Products

- Bread, Rolls, Buns
- Cereals (25% to 50% Folic Acid Fortified)
- Corn Grits
- Cornmeal
- Crackers
- Pasta
- Rice

Beans, Peas and Nuts

- Black Beans
- Black-eyed Peas
- Baked Beans
- Garbanzo Beans
- Great Northern Beans
- Kidney Beans
- Lentils
- Navy Beans
- Pinto Beans
- Split Peas
- Peanuts
- Peanut Butter

Fruits & Vegetables

- Greens – Spinach, Collards, Mustard, Turnip
- Multi-Grain Cheerios
- Broccoli
- Okra
- Cauliflower
- Corn
- Green Beans or Peas
- Sweet Potato
- Cabbage or Coleslaw
- Orange Juice from concentrate
- Pineapple Juice
- Tomato / V8 Juice

Supplements

- Multivitamin-mineral supplement with Folic Acid (400 mcg)
- or
- Folic Acid supplement (400 mcg)



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Toll Free: 1-866-273-3835