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Vitamin B9, known as Folate (natural form) or Folic Acid (synthetic form), is essential for DNA synthesis, cell growth, red blood cell production, and fetal development during pregnancy.

Top 15 Plant-Based Sources of Vitamin B9

Plant Source	Vitamin B9 (µg per 100g)
Spinach (Cooked)	194 µg
Asparagus (Cooked)	149 µg
Brussels Sprouts (Cooked)	140 µg
Broccoli (Cooked)	108 µg
Avocado (Raw)	81 µg
Kale (Cooked)	90 µg
Lettuce (Romaine)	136 µg
Mustard Greens (Cooked)	118 µg
Beets (Cooked)	109 µg
Edamame (Cooked)	121 µg
Okra (Cooked)	88 µg
Sweet Corn (Cooked)	42 µg
Bell Peppers (Raw)	26 µg
Carrots (Raw)	19 µg

Plant Source	Vitamin B9 (µg per 100g)
Tomatoes (Raw)	15 µg

Top 15 Animal-Based Sources of Vitamin B9

Animal Product	Vitamin B9 (µg per 100g)
Beef Liver (Cooked)	290 µg
Chicken Liver (Cooked)	578 µg
Eggs (Whole, Boiled)	47 µg
Salmon (Cooked)	25 µg
Tuna (Canned)	12 µg
Milk (Whole, 1 cup)	12 µg
Ground Beef (Cooked)	24 µg
Chicken Breast (Cooked)	7 µg
Turkey (Cooked)	9 µg
Shrimp (Cooked)	19 µg
Lamb (Cooked)	22 µg
Cheddar Cheese	10 µg
Pork (Cooked)	6 µg
Trout (Cooked)	15 µg
Yogurt (Plain, Whole Milk)	11 µg

Legumes, Grains, and Fortified Foods

Food	Vitamin B9 (µg per 100g)
Lentils (Cooked)	181 µg
Chickpeas (Cooked)	172 µg
Black Beans (Cooked)	149 µg
Kidney Beans (Cooked)	131 µg
Fortified Breakfast Cereals	100-400 µg
White Rice (Fortified, Cooked)	97 µg

Food	Vitamin B9 (µg per 100g)
Quinoa (Cooked)	42 µg
Barley (Cooked)	25 µg
Whole Wheat Bread	27 µg
Pasta (Enriched, Cooked)	106 µg

Fruits High in Vitamin B9

Fruit	Vitamin B9 (µg per 100g)
Oranges	30 µg
Papaya	37 µg
Bananas	20 µg
Mangoes	43 µg
Strawberries	25 µg
Grapefruit	13 µg
Raspberries	21 µg

Recommended Daily Intake (RDI)

- Adults (19+ years): 400 µg/day
- Pregnant Women: 600 µg/day
- Breastfeeding Women: 500 µg/day
- Children (1-8 years): 150 – 200 µg/day

Health Benefits of Vitamin B9

- Prevents Neural Tube Defects – Essential during pregnancy to prevent birth defects.
- Supports DNA Synthesis and Repair – Promotes healthy cell division.
- Reduces Risk of Anemia – Helps in the formation of red blood cells.
- Heart Health – Lowers homocysteine levels, reducing heart disease risk.

- Brain Function – Supports mental clarity and reduces the risk of cognitive decline.

Tips to Maximize Vitamin B9 Intake

1. Eat Dark Leafy Greens – Spinach, kale, and romaine lettuce are rich sources.
2. Include Organ Meats – Liver is the most concentrated source of folate.
3. Choose Fortified Grains – Opt for cereals, bread, and pasta labeled “fortified with folic acid.”
4. Diversify Legumes – Lentils, chickpeas, and beans are packed with folate.
5. Minimize Overcooking – Folate is sensitive to heat; steam or lightly cook vegetables to preserve nutrients.

Did You Know?

- Folic acid (synthetic form) is better absorbed by the body than natural folate.
- Vitamin B9 deficiency can lead to fatigue, anemia, and birth defects during pregnancy.
- Fortified foods provide a reliable source of folic acid, particularly for pregnant women.