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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
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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.