

Dr. Crowley's Pharmacy

Folate -

Important in red blood cell formation and for healthy cell growth and function. Has demonstrated potential in decreasing frequency of migraines with aura in females.

The following foods are a great source of Folate

Vegetables

Black eyed peas, boiled ½ cup 105 mcg
Asparagus 4 spears boiled 89 mcg
Romaine Lettuce 1 cup 64 mcg Broccoli,
cooked ½ cup 52 mcg Mustard Greens,
boiled ½ cup 52 mcg Green peas, boiled
½ cup 50 mcg Brussel Sprouts, boiled ½
cup 47 mcg Tomato Juice ¾ cup 36 mcg
Spinach, boiled ½ cup 31 mcg Turnip
Greens, boiled ½ cup 27 mcg Tomato 18
mcg

Fruit

Avocado ½ cup 59 mcg
Orange Juice ¾ cup 45 mcg
Orange, 1 small 29 mcg
Papaya ½ cup 27 mcg
Bananas 1 medium 24 mcg

Beans, Nuts and seeds Wheat
Germ 2 TBSP 80 mcg Kidney
Beans ½ cup 65 mcg Peanuts,
dry roast 1 oz 27 mcg

Meat

Beef Liver ½ cup 328 mcg
Crab 3 oz 37 mcg

“Let food be thy medicine and medicine be thy food” Hippocrates