

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Folate, food (µg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: 100 g
Report Run at: December 23, 2015 22:44 EST

NDB_No	Description	Folate, food(µg) Value Per
18375	Leavening agents, yeast, baker's, active dry	2,340.00
43406	Yeast extract spread	793.00
18374	Leavening agents, yeast, baker's, compressed	785.00
05143	Duck, domesticated, liver, raw	738.00
05150	Goose, liver, raw	738.00
05178	Turkey, liver, all classes, cooked, simmered	691.00
05177	Turkey, liver, all classes, raw	677.00
16133	Yardlong beans, mature seeds, raw	658.00
16078	Mothbeans, mature seeds, raw	649.00
16060	Cowpeas, catjang, mature seeds, raw	639.00
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	633.00
16080	Mung beans, mature seeds, raw	625.00
16001	Beans, adzuki, mature seeds, raw	622.00
16019	Beans, cranberry (roman), mature seeds, raw	604.00
05027	Chicken, liver, all classes, raw	588.00
05028	Chicken, liver, all classes, cooked, simmered	578.00
05661	Chicken, liver, all classes, cooked, pan-fried	560.00
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	557.00
02066	Spearmint, dried	530.00
16042	Beans, pinto, mature seeds, raw	525.00
16024	Beans, great northern, mature seeds, raw	482.00
16069	Lentils, raw	479.00
16040	Beans, pink, mature seeds, raw	463.00
16101	Pigeon peas (red gram), mature seeds, raw	456.00
16014	Beans, black, mature seeds, raw	444.00
16016	Beans, black turtle, mature seeds, raw	444.00
16157	Chickpea flour (besan)	437.00
16052	Broadbeans (fava beans), mature seeds, raw	423.00
05138	Chicken, capons, giblets, cooked, simmered	414.00

NDB_No	Description	Folate, food(µg) Value Per
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	408.00
16074	Lima beans, thin seeded (baby), mature seeds, raw	400.00
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	400.00
16022	Beans, french, mature seeds, raw	399.00
16071	Lima beans, large, mature seeds, raw	395.00
05137	Chicken, capons, giblets, raw	394.00
16027	Beans, kidney, all types, mature seeds, raw	394.00
16030	Beans, kidney, california red, mature seeds, raw	394.00
16032	Beans, kidney, red, mature seeds, raw	394.00
16035	Beans, kidney, royal red, mature seeds, raw	393.00
16047	Beans, yellow, mature seeds, raw	389.00
16049	Beans, white, mature seeds, raw	388.00
16045	Beans, small white, mature seeds, raw	386.00
05021	Chicken, broilers or fryers, giblets, cooked, fried	379.00
16108	Soybeans, mature seeds, raw	375.00
05128	Chicken, stewing, giblets, cooked, simmered	367.00
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	366.00
16037	Beans, navy, mature seeds, raw	364.00
16076	Lupins, mature seeds, raw	355.00
08084	Cereals ready-to-eat, wheat germ, toasted, plain	352.00
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	352.00
05127	Chicken, stewing, giblets, raw	350.00
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	350.00
05020	Chicken, broilers or fryers, giblets, raw	345.00
16115	Soy flour, full-fat, raw	345.00
16121	Soy protein concentrate, produced by alcohol extraction	340.00
16420	Soy protein concentrate, produced by acid wash	340.00
11697	Arrowroot, raw	338.00
05171	Turkey, whole, giblets, raw	331.00
17203	Veal, variety meats and by-products, liver, cooked, braised	331.00
07053	Pate, chicken liver, canned	321.00
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	321.00
11212	Edamame, frozen, prepared	311.00
02003	Spices, basil, dried	310.00
02036	Spices, rosemary, dried	307.00
16117	Soy flour, defatted	305.00

NDB_No	Description	Folate, food(µg) Value Per
05116	Chicken, roasting, giblets, cooked, simmered	303.00
05172	Turkey, whole, giblets, cooked, simmered	303.00
11211	Edamame, frozen, unprepared	303.00
16119	Soy meal, defatted, raw	303.00
11432	Radishes, oriental, dried	295.00
13325	Beef, variety meats and by-products, liver, raw	290.00
14067	Beverages, Protein powder soy based	289.00
16118	Soy flour, low-fat	289.00
20078	Wheat germ, crude	281.00
05115	Chicken, roasting, giblets, raw	276.00
02008	Spices, chervil, dried	274.00
02012	Spices, coriander leaf, dried	274.00
02023	Spices, marjoram, dried	274.00
02038	Spices, sage, ground	274.00
02041	Spices, tarragon, dried	274.00
02042	Spices, thyme, dried	274.00
16085	Peas, green, split, mature seeds, raw	274.00
19326	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar	273.00
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	260.00
05022	Chicken, broilers or fryers, giblets, cooked, simmered	257.00
13326	Beef, variety meats and by-products, liver, cooked, braised	253.00
03189	Babyfood, cereal, oatmeal, dry fortified	248.00
16099	Peanut flour, defatted	248.00
16093	Peanuts, valencia, raw	246.00
12011	Seeds, cottonseed meal, partially defatted (glandless)	242.00
16087	Peanuts, all types, raw	240.00
16091	Peanuts, spanish, raw	240.00
25025	Snacks, soy chips or crisps, salted	240.00
16095	Peanuts, virginia, raw	239.00
12039	Seeds, sunflower seed kernels, toasted, without salt	238.00
12539	Seeds, sunflower seed kernels, toasted, with salt added	238.00
02027	Spices, oregano, dried	237.00
12037	Seeds, sunflower seed kernels, dry roasted, without salt	237.00
12040	Seeds, sunflower seed butter, without salt	237.00
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	237.00
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	237.00

NDB_No	Description	Folate, food(µg) Value Per
12540	Seeds, sunflower seed butter, with salt added	237.00
12038	Seeds, sunflower seed kernels, oil roasted, without salt	234.00
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	234.00
12160	Seeds, cottonseed kernels, roasted (glandless)	233.00
03194	Babyfood, cereal, rice, dry fortified	230.00
17199	Lamb, variety meats and by-products, liver, raw	230.00
11634	Peppers, sweet, green, freeze-dried	229.00
11931	Peppers, sweet, red, freeze-dried	229.00
12007	Seeds, cottonseed flour, partially defatted (glandless)	229.00
12008	Seeds, cottonseed flour, low fat (glandless)	228.00
12036	Seeds, sunflower seed kernels, dried	227.00
16116	Soy flour, full-fat, roasted	227.00
12041	Seeds, sunflower seed flour, partially defatted	222.00
16083	Mungo beans, mature seeds, raw	216.00
11984	Epazote, raw	215.00
10110	Pork, fresh, variety meats and by-products, liver, raw	212.00
16110	Soybeans, mature seeds, roasted, salted	211.00
16410	Soybeans, mature seeds, roasted, no salt added	211.00
01137	Egg, yolk, dried	209.00
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	208.00
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	208.00
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	207.00
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	207.00
16111	Soybeans, mature seeds, dry roasted	205.00
16144	Lentils, pink or red, raw	204.00
19328	Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar	200.00
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	200.00
16106	Meat extender	198.00
11669	Seaweed, wakame, raw	196.00
11457	Spinach, raw	194.00
11568	Turnip greens, raw	194.00
11625	Parsley, freeze-dried	194.00
01134	Egg, whole, dried, stabilized, glucose reduced	193.00
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	193.00
11018	Asparagus, frozen, unprepared	191.00
03211	Babyfood, cereal, high protein, with apple and orange, dry	190.00

NDB_No	Description	Folate, food(µg) Value Per
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	188.00
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	187.00
20035	Quinoa, uncooked	184.00
11444	Seaweed, irishmoss, raw	182.00
19327	Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar	182.00
16070	Lentils, mature seeds, cooked, boiled, without salt	181.00
16370	Lentils, mature seeds, cooked, boiled, with salt	181.00
02004	Spices, bay leaf	180.00
02029	Spices, parsley, dried	180.00
11445	Seaweed, kelp, raw	180.00
15250	Mollusks, conch, baked or broiled	179.00
11157	Chrysanthemum, garland, raw	177.00
11698	Chrysanthemum leaves, raw	177.00
16122	Soy protein isolate	176.00
16422	Soy protein isolate, potassium type	176.00
01127	Egg, yolk, raw, frozen, sugared, pasteurized	174.00
11344	Pigeonpeas, immature seeds, raw	173.00
11452	Soybeans, mature seeds, sprouted, raw	172.00
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	172.00
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	172.00
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	172.00
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	172.00
11982	Peppers, pasilla, dried	170.00
32029	Rice mix, white and wild, flavored, unprepared	169.00
11191	Cowpeas (blackeyes), immature seeds, raw	168.00
16041	Beans, pink, mature seeds, cooked, boiled, without salt	168.00
16341	Beans, pink, mature seeds, cooked, boiled, with salt	168.00
11284	Onions, dehydrated flakes	166.00
19047	Snacks, pretzels, hard, plain, salted	166.00
11450	Soybeans, green, raw	165.00
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	163.00
11268	Mushrooms, shiitake, dried	163.00
02024	Spices, mustard seed, ground	162.00
11230	Pepeao, dried	160.00
12021	Seeds, safflower seed kernels, dried	160.00
11274	Mustard spinach, (tendergreen), raw	159.00

NDB_No	Description	Folate, food(µg) Value Per
12022	Seeds, safflower seed meal, partially defatted	159.00
16081	Mung beans, mature seeds, cooked, boiled, without salt	159.00
16381	Mung beans, mature seeds, cooked, boiled, with salt	159.00
21337	McDONALD'S, Peanuts (for Sundaes)	159.00
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	153.00
11297	Parsley, fresh	152.00
01126	Egg, yolk, raw, frozen, pasteurized	151.00
02045	Dill weed, fresh	150.00
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	150.00
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	150.00
11012	Asparagus, cooked, boiled, drained	149.00
11705	Asparagus, cooked, boiled, drained, with salt	149.00
16015	Beans, black, mature seeds, cooked, boiled, without salt	149.00
16315	Beans, black, mature seeds, cooked, boiled, with salt	149.00
11280	Okra, frozen, unprepared	148.00
11973	Beans, fava, in pod, raw	148.00
01125	Egg, yolk, raw, fresh	146.00
11446	Seaweed, laver, raw	146.00
11458	Spinach, cooked, boiled, drained, without salt	146.00
11854	Spinach, cooked, boiled, drained, with salt	146.00
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	146.00
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	146.00
11463	Spinach, frozen, chopped or leaf, unprepared	145.00
11316	Peas, mature seeds, sprouted, raw	144.00
16149	Peanut spread, reduced sugar	144.00
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	144.00
19897	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds	143.00
16079	Mothbeans, mature seeds, cooked, boiled, without salt	143.00
16379	Mothbeans, mature seeds, cooked, boiled, with salt	143.00
11213	Endive, raw	142.00
12140	Nuts, formulated, wheat-based, unflavored, with salt added	142.00
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	142.00
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	142.00
21024	Fast foods, french toast sticks	142.00
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	141.00
11233	Kale, raw	141.00

NDB_No	Description	Folate, food(µg) Value Per
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	141.00
16038	Beans, navy, mature seeds, cooked, boiled, without salt	140.00
16338	Beans, navy, mature seeds, cooked, boiled, with salt	140.00
19010	Snacks, crisped rice bar, chocolate chip	140.00
01210	Egg Mix, USDA Commodity	138.00
02034	Spices, poultry seasoning	138.00
11272	Mustard greens, frozen, unprepared	138.00
28295	Tortillas, ready-to-bake or -fry, whole wheat	138.00
16046	Beans, small white, mature seeds, cooked, boiled, without salt	137.00
16346	Beans, small white, mature seeds, cooked, boiled, with salt	137.00
11251	Lettuce, cos or romaine, raw	136.00
18963	Garlic bread, frozen	136.00
11019	Asparagus, frozen, cooked, boiled, drained, without salt	135.00
11709	Asparagus, frozen, cooked, boiled, drained, with salt	135.00
16155	Peanut butter, smooth, vitamin and mineral fortified	134.00
19002	Snacks, beef jerky, chopped and formed	134.00
16100	Peanut flour, low fat	133.00
11046	Beans, navy, mature seeds, sprouted, raw	132.00
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	130.00
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	130.00
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	130.00
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	130.00
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	130.00
11161	Collards, raw	129.00
11022	Balsam-pear (bitter melon), leafy tips, raw	128.00
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	127.00
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	127.00
43212	Bacon bits, meatless	127.00
11009	Artichokes, (globe or french), frozen, unprepared	126.00
11520	Taro leaves, raw	126.00
16092	Peanuts, spanish, oil-roasted, with salt	126.00
16094	Peanuts, valencia, oil-roasted, with salt	126.00
16392	Peanuts, spanish, oil-roasted, without salt	126.00
16394	Peanuts, valencia, oil-roasted, without salt	126.00
01144	Egg substitute, powder	125.00
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	125.00

NDB_No	Description	Folate, food(µg) Value Per
16096	Peanuts, virginia, oil-roasted, with salt	125.00
16396	Peanuts, virginia, oil-roasted, without salt	125.00
17202	Veal, variety meats and by-products, liver, raw	125.00
16147	Veggie burgers or soyburgers, unprepared	124.00
11100	Brussels sprouts, frozen, unprepared	123.00
11231	Jute, potherb, raw	123.00
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	121.00
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	121.00
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	121.00
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	121.00
16089	Peanuts, all types, oil-roasted, with salt	120.00
16389	Peanuts, all types, oil-roasted, without salt	120.00
01133	Egg, whole, dried	119.00
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	119.00
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	119.00
11569	Turnip greens, cooked, boiled, drained, without salt	118.00
11891	Turnip greens, cooked, boiled, drained, with salt	118.00
25051	Snacks, CLIF BAR, mixed flavors	118.00
11640	Shallots, freeze-dried	116.00
12059	Nuts, acorns, dried	115.00
12201	Seeds, sesame seed kernels, dried (decorticated)	115.00
02064	Peppermint, fresh	114.00
11986	Malabar spinach, cooked	114.00
12060	Nuts, acorn flour, full fat	114.00
12005	Seeds, breadnut tree seeds, dried	113.00
12077	Nuts, beechnuts, dried	113.00
12120	Nuts, hazelnuts or filberts	113.00
01160	Egg, yolk, raw, frozen, salted, pasteurized	112.00
11985	Fireweed, leaves, raw	112.00
11451	Soybeans, green, cooked, boiled, drained, without salt	111.00
11853	Soybeans, green, cooked, boiled, drained, with salt	111.00
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	111.00
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	111.00
35183	Corn, dried, yellow (Northern Plains Indians)	111.00
11152	Chicory greens, raw	110.00
12012	Seeds, hemp seed, hulled	110.00

NDB_No	Description	Folate, food(µg) Value Per
12094	Nuts, chestnuts, chinese, dried	110.00
12100	Nuts, chestnuts, european, dried, peeled	110.00
02063	Rosemary, fresh	109.00
06120	Gravy, chicken, dry	109.00
11080	Beets, raw	109.00
12099	Nuts, chestnuts, european, dried, unpeeled	109.00
12175	Nuts, chestnuts, japanese, dried	109.00
11091	Broccoli, cooked, boiled, drained, without salt	108.00
11615	Chives, freeze-dried	108.00
11742	Broccoli, cooked, boiled, drained, with salt	108.00
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	108.00
08393	Cereals ready-to-eat, KASHI GOLEAN	107.00
16003	Beans, adzuki, mature seeds, canned, sweetened	107.00
28321	Rolls, hamburger, whole grain white, calcium-fortified	106.00
02031	Spices, pepper, red or cayenne	106.00
12128	Nuts, ginkgo nuts, dried	106.00
02065	Spearmint, fresh	105.00
11156	Chives, raw	105.00
07040	Liver cheese, pork	104.00
11232	Jute, potherb, cooked, boiled, drained, without salt	104.00
11789	Jute, potherb, cooked, boiled, drained, with salt	104.00
12013	Seeds, lotus seeds, dried	104.00
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	104.00
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	104.00
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	104.00
14353	Beverages, tea, instant, decaffeinated, unsweetened	103.00
14366	Beverages, tea, instant, unsweetened, powder	103.00
43135	Sandwich spread, meatless	103.00
28307	Bread, naan, plain, commercially prepared, refrigerated	102.00
43134	Vegetarian fillets	102.00
11447	Sesbania flower, raw	102.00
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	102.00
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	102.00
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	101.00
11201	Cowpeas, leafy tips, raw	101.00
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	101.00

NDB_No	Description	Folate, food(µg) Value Per
11248	Lentils, sprouted, raw	100.00
11281	Okra, frozen, cooked, boiled, drained, without salt	100.00
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	100.00
11804	Okra, frozen, cooked, boiled, drained, with salt	100.00
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	100.00
12169	Seeds, sesame butter, paste	100.00
14035	Beverages, ABBOTT, EAS soy protein powder	100.00
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	100.00
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	100.00
43131	Luncheon slices, meatless	100.00
11969	Broccoli, chinese, cooked	99.00
11461	Spinach, canned, regular pack, drained solids	98.00
12024	Seeds, sesame seeds, whole, roasted and toasted	98.00
12155	Nuts, walnuts, english	98.00
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	98.00
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	98.00
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	98.00
12698	Seeds, sesame butter, tahini, type of kernels unspecified	98.00
13323	Beef, variety meats and by-products, kidneys, raw	98.00
35140	Bread, kneel down (Navajo)	98.00
19434	Cheese puffs and twists, corn based, baked, low fat	97.00
11959	Arugula, raw	97.00
12023	Seeds, sesame seeds, whole, dried	97.00
16090	Peanuts, all types, dry-roasted, with salt	97.00
16390	Peanuts, all types, dry-roasted, without salt	97.00
01136	Egg, white, dried, powder, stabilized, glucose reduced	96.00
11015	Asparagus, canned, drained solids	96.00
11088	Broadbeans, immature seeds, raw	96.00
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	96.00
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	96.00
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	96.00
11676	Radish seeds, sprouted, raw	95.00
12193	Seeds, sisymbrium sp. seeds, whole, dried	95.00
20088	Wild rice, raw	95.00
11094	Broccoli, frozen, spears, unprepared	94.00
11667	Seaweed, spirulina, dried	94.00

NDB_No	Description	Folate, food(µg) Value Per
16084	Mungo beans, mature seeds, cooked, boiled, without salt	94.00
16384	Mungo beans, mature seeds, cooked, boiled, with salt	94.00
02037	Spices, saffron	93.00
11149	Chayote, fruit, raw	93.00
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	92.00
15207	Fish, roe, mixed species, cooked, dry heat	92.00
16097	Peanut butter, chunk style, with salt	92.00
16128	Tofu, dried-frozen (koyadofu)	92.00
16156	Peanut butter, chunky, vitamin and mineral fortified	92.00
16397	Peanut butter, chunk style, without salt	92.00
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	92.00
18971	Bread, potato	92.00
42291	Peanut butter, reduced sodium	92.00
43031	Candies, chocolate covered, caramel with nuts	92.00
43387	Turnip greens, canned, no salt added	92.00
12157	Nuts, walnuts, dry roasted, with salt added	91.00
01135	Egg, white, dried, flakes, stabilized, glucose reduced	89.00
09038	Avocados, raw, California	89.00
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	89.00
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	89.00
11023	Balsam-pear (bitter melon), leafy tips, cooked, boiled, drained, without salt	88.00
11710	Balsam-pear (bitter melon), leafy tips, cooked, boiled, drained, with salt	88.00
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	88.00
20111	Noodles, egg, spinach, enriched, dry	88.00
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	87.00
01171	Egg, whole, raw, frozen, pasteurized	87.00
12058	Nuts, acorns, raw	87.00
12220	Seeds, flaxseed	87.00
16098	Peanut butter, smooth style, with salt	87.00
16398	Peanut butter, smooth style, without salt	87.00
05335	Chicken, feet, boiled	86.00
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	86.00
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	86.00
18081	Bread stuffing, bread, dry mix	86.00
11003	Amaranth leaves, raw	85.00
11013	Asparagus, canned, regular pack, solids and liquids	85.00

NDB_No	Description	Folate, food(µg) Value Per
11442	Seaweed, agar, raw	85.00
11707	Asparagus, canned, no salt added, solids and liquids	85.00
20031	Millet, raw	85.00
32024	Rice mix, cheese flavor, dry mix, unprepared	84.00
08037	Cereals ready-to-eat, granola, homemade	84.00
18973	Focaccia, Italian flatbread, plain	84.00
11096	Broccoli raab, raw	83.00
11974	Grape leaves, raw	83.00
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	83.00
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	83.00
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	83.00
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	83.00
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	83.00
16158	Hummus, commercial	83.00
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	83.00
19423	Snacks, potato chips, fat-free, made with olestra	83.00
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	83.00
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	83.00
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	83.00
28319	Bagels, whole grain white	83.00
20001	Amaranth grain, uncooked	82.00
02033	Spices, poppy seed	82.00
06115	Gravy, au jus, dry	81.00
09037	Avocados, raw, all commercial varieties	81.00
16026	Beans, great northern, mature seeds, canned	81.00
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	81.00
16050	Beans, white, mature seeds, cooked, boiled, without salt	81.00
16326	Beans, great northern, mature seeds, canned, low sodium	81.00
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	81.00
16350	Beans, white, mature seeds, cooked, boiled, with salt	81.00
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	81.00
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	81.00
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	81.00
01138	Egg, duck, whole, fresh, raw	80.00
05026	Chicken, heart, all classes, cooked, simmered	80.00
11081	Beets, cooked, boiled, drained	80.00

NDB_No	Description	Folate, food(µg) Value Per
11114	Cabbage, savoy, raw	80.00
11203	Cress, garden, raw	80.00
11453	Soybeans, mature seeds, sprouted, cooked, steamed	80.00
11734	Beets, cooked, boiled. drained, with salt	80.00
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	80.00
15072	Fish, roe, mixed species, raw	80.00
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	80.00
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	80.00
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	80.00
11119	Cabbage, chinese (pe-tsai), raw	79.00
20077	Wheat bran, crude	79.00
43483	Millet, puffed	79.00
43130	Frankfurter, meatless	78.00
43132	Meatballs, meatless	78.00
43137	Vegetarian meatloaf or patties	78.00
08144	Cereals, whole wheat hot natural cereal, dry	78.00
11214	Escarole, cooked, boiled, drained, no salt added	78.00
11975	Grape leaves, canned	78.00
12121	Nuts, hazelnuts or filberts, blanched	78.00
16138	Falafel, home-prepared	78.00
18967	Bread, white wheat	78.00
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	77.00
09214	Orange juice, frozen concentrate, unsweetened, undiluted	77.00
16021	Beans, cranberry (roman), mature seeds, canned	77.00
19086	Candies, confectioner's coating, peanut butter	77.00
43128	Chicken, meatless	76.00
01139	Egg, goose, whole, fresh, raw	76.00
02022	Spices, mace, ground	76.00
02025	Spices, nutmeg, ground	76.00
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	76.00
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	76.00
15165	Mollusks, mussel, blue, cooked, moist heat	76.00
11972	Lemon grass (citronella), raw	75.00
16023	Beans, french, mature seeds, cooked, boiled, without salt	75.00
16088	Peanuts, all types, cooked, boiled, with salt	75.00
16323	Beans, french, mature seeds, cooked, boiled, with salt	75.00

NDB_No	Description	Folate, food(µg) Value Per
19147	Candies, peanut bar	75.00
28397	Bread, multi-grain (includes whole-grain)	75.00
20070	Triticale flour, whole-grain	74.00
11574	Turnip greens, frozen, unprepared	74.00
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	74.00
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	74.00
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	74.00
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	74.00
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	74.00
11163	Collards, frozen, chopped, unprepared	73.00
11250	Lettuce, butterhead (includes boston and bibb types), raw	73.00
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	73.00
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	73.00
12071	Nuts, almond paste	73.00
17200	Lamb, variety meats and by-products, liver, cooked, braised	73.00
20069	Triticale	73.00
20066	Semolina, enriched	72.00
20466	Semolina, unenriched	72.00
43144	Cabbage, mustard, salted	72.00
05025	Chicken, heart, all classes, raw	72.00
11024	Balsam-pear (bitter gourd), pods, raw	72.00
12096	Nuts, chestnuts, chinese, roasted	72.00
01141	Egg, turkey, whole, fresh, raw	71.00
11097	Broccoli raab, cooked	71.00
11740	Broccoli, flower clusters, raw	71.00
11741	Broccoli, stalks, raw	71.00
19059	Snacks, trail mix, regular	71.00
19821	Snacks, trail mix, regular, unsalted	71.00
21061	Fast foods, burrito, with beans and cheese	71.00
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	70.00
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	70.00
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	70.00
12167	Nuts, chestnuts, european, roasted	70.00
18027	Bread, egg	70.00
18036	Bread, multi-grain, toasted (includes whole-grain)	70.00
01255	Egg, whole, raw, frozen, salted, pasteurized	69.00

NDB_No	Description	Folate, food(µg) Value Per
11978	Peppers, ancho, dried	69.00
12085	Nuts, cashew nuts, dry roasted, without salt added	69.00
12585	Nuts, cashew nuts, dry roasted, with salt added	69.00
20124	Pasta, whole-wheat, dry	69.00
02044	Basil, fresh	68.00
11007	Artichokes, (globe or french), raw	68.00
11122	Cardoon, raw	68.00
11955	Tomatoes, sun-dried	68.00
12088	Nuts, cashew butter, plain, without salt added	68.00
12093	Nuts, chestnuts, chinese, raw	68.00
11092	Broccoli, frozen, chopped, unprepared	67.00
11298	Parsnips, raw	67.00
11658	Spinach souffle	67.00
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	67.00
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	67.00
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	66.00
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	66.00
22955	Egg rolls, vegetable, frozen, prepared	66.00
01140	Egg, quail, whole, fresh, raw	66.00
06002	Soup, black bean, canned, condensed	66.00
06126	Gravy, turkey, dry	66.00
11116	Cabbage, chinese (pak-choi), raw	66.00
11595	Winged beans, immature seeds, raw	66.00
12004	Seeds, breadnut tree seeds, raw	66.00
12084	Nuts, butternuts, dried	66.00
01006	Cheese, brie	65.00
11304	Peas, green, raw	65.00
16051	Beans, white, mature seeds, canned	65.00
16086	Peas, split, mature seeds, cooked, boiled, without salt	65.00
16386	Peas, split, mature seeds, cooked, boiled, with salt	65.00
18064	Bread, wheat	65.00
18065	Bread, wheat, toasted	65.00
19117	Candies, halavah, plain	65.00
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	65.00
02026	Spices, onion powder	64.00
11137	Cauliflower, frozen, unprepared	64.00

NDB_No	Description	Folate, food(µg) Value Per
11246	Leeks, (bulb and lower leaf-portion), raw	64.00
11291	Onions, spring or scallions (includes tops and bulb), raw	64.00
18224	Crackers, rusk toast	64.00
19042	Snacks, potato chips, barbecue-flavor	64.00
09057	Boysenberries, frozen, unsweetened	63.00
11090	Broccoli, raw	63.00
11305	Peas, green, cooked, boiled, drained, without salt	63.00
11811	Peas, green, cooked, boiled, drained, with salt	63.00
20060	Rice bran, crude	63.00
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	63.00
01007	Cheese, camembert	62.00
11165	Coriander (cilantro) leaves, raw	62.00
11199	Yardlong bean, raw	62.00
11224	Hyacinth-beans, immature seeds, raw	62.00
12097	Nuts, chestnuts, european, raw, unpeeled	62.00
16039	Beans, navy, mature seeds, canned	62.00
18547	ARCHWAY Home Style Cookies, Strawberry Filled	62.00
19043	Snacks, potato chips, sour-cream-and-onion-flavor	62.00
03127	Babyfood, vegetables, spinach, creamed, strained	61.00
11043	Mung beans, mature seeds, sprouted, raw	61.00
11098	Brussels sprouts, raw	61.00
11237	Kanpyo, (dried gourd strips)	61.00
14368	Beverages, tea, instant, lemon, unsweetened	61.00
16018	Beans, black turtle, mature seeds, canned	61.00
16316	Beans, black, mature seeds, canned, low sodium	61.00
18532	ARCHWAY Home Style Cookies, Iced Molasses	61.00
28306	Bread, chapati or roti, plain, commercially prepared	61.00
20114	Noodles, japanese, soba, dry	60.00
05282	Pate de foie gras, canned (goose liver pate), smoked	60.00
07054	Pate, goose liver, smoked, canned	60.00
07055	Pate, liver, not specified, canned	60.00
07942	Pate, truffle flavor	60.00
11099	Brussels sprouts, cooked, boiled, drained, without salt	60.00
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	60.00
11278	Okra, raw	60.00
11745	Brussels sprouts, cooked, boiled, drained, with salt	60.00

NDB_No	Description	Folate, food(µg) Value Per
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	60.00
11952	Radicchio, raw	60.00
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	60.00
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	60.00
12145	Nuts, pilinuts, dried	60.00
16150	Peanut butter, smooth, reduced fat	60.00
03298	Babyfood, dinner, broccoli and chicken, junior	59.00
08142	Cereals, WHEATENA, dry	59.00
11029	Beans, kidney, mature seeds, sprouted, raw	59.00
11313	Peas, green, frozen, cooked, boiled, drained, without salt	59.00
11416	Pumpkin flowers, raw	59.00
11814	Peas, green, frozen, cooked, boiled, drained, with salt	59.00
12158	Seeds, breadfruit seeds, roasted	59.00
12204	Nuts, chestnuts, japanese, roasted	59.00
16077	Lupins, mature seeds, cooked, boiled, without salt	59.00
16137	Hummus, home prepared	59.00
16377	Lupins, mature seeds, cooked, boiled, with salt	59.00
18529	ARCHWAY Home Style Cookies, Frosty Lemon	59.00
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	59.00
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	59.00
22918	Burrito, bean and cheese, frozen	58.00
25064	Snacks, potato chips, lightly salted	58.00
01024	Cheese, limburger	58.00
11299	Parsnips, cooked, boiled, drained, without salt	58.00
11459	Spinach, canned, regular pack, solids and liquids	58.00
11808	Parsnips, cooked, boiled, drained, with salt	58.00
11855	Spinach, canned, no salt added, solids and liquids	58.00
12014	Seeds, pumpkin and squash seed kernels, dried	58.00
12098	Nuts, chestnuts, european, raw, peeled	58.00
12149	Nuts, pine nuts, pinyon, dried	58.00
12174	Seeds, watermelon seed kernels, dried	58.00
02019	Spices, fenugreek seed	57.00
02055	Horseradish, prepared	57.00
06969	Potato soup, instant, dry mix	57.00
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	57.00
11004	Amaranth leaves, cooked, boiled, drained, without salt	57.00

NDB_No	Description	Folate, food(µg) Value Per
11135	Cauliflower, raw	57.00
11448	Sesbania flower, cooked, steamed, without salt	57.00
11503	Swamp cabbage, (skunk cabbage), raw	57.00
11700	Amaranth leaves, cooked, boiled, drained, with salt	57.00
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	57.00
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	57.00
11922	Sesbania flower, cooked, steamed, with salt	57.00
11965	Cauliflower, green, raw	57.00
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	57.00
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	57.00
16172	Refried beans, canned, fat-free	57.00
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	57.00
20323	Cornmeal, white, self-rising, bolted, plain, enriched	57.00
21379	McDONALD'S, Side Salad	57.00
28288	Bread, roll, Mexican, bollilo	57.00
20038	Oats	56.00
20095	Pasta, fresh-refrigerated, spinach, as purchased	56.00
43410	Chicken, meatless, breaded, fried	56.00
02015	Spices, curry powder	56.00
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	56.00
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	56.00
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	56.00
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	56.00
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	56.00
18029	Bread, french or vienna (includes sourdough)	56.00
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	55.00
11683	Carrot, dehydrated	55.00
12063	Nuts, almonds, dry roasted, without salt added	55.00
12563	Nuts, almonds, dry roasted, with salt added	55.00
12588	Nuts, cashew butter, plain, with salt added	55.00
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	55.00
19151	Candies, REESE'S PIECES Candy	55.00
11980	Peppers, chili, green, canned	54.00
12127	Nuts, ginkgo nuts, raw	54.00
16109	Soybeans, mature cooked, boiled, without salt	54.00
16409	Soybeans, mature seeds, cooked, boiled, with salt	54.00

NDB_No	Description	Folate, food(µg) Value Per
18028	Bread, egg, toasted	54.00
18299	Pancakes, whole-wheat, dry mix, incomplete	54.00
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	54.00
18965	Crackers, cheese, reduced fat	54.00
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	54.00
20011	Buckwheat flour, whole-groat	54.00
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	53.00
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	53.00
11197	Cowpeas, young pods with seeds, raw	53.00
11312	Peas, green, frozen, unprepared	53.00
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	53.00
11981	Peppers, hungarian, raw	53.00
12001	Seeds, breadfruit seeds, raw	53.00
12195	Nuts, almond butter, plain, without salt added	53.00
12695	Nuts, almond butter, plain, with salt added	53.00
18344	Rolls, dinner, egg	53.00
18459	Breakfast tart, low fat	53.00
11011	Asparagus, raw	52.00
11118	Cabbage, kimchi	52.00
14236	Beverages, coffee substitute, cereal grain beverage, powder	52.00
18076	Bread, whole-wheat, commercially prepared, toasted	52.00
18227	Crackers, rye, wafers, seasoned	52.00
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	52.00
20033	Oat bran, raw	52.00
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	52.00
21107	Fast foods, hamburger; single, regular patty; plain	51.00
01128	Egg, whole, cooked, fried	51.00
06179	Sauce, fish, ready-to-serve	51.00
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	51.00
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	51.00
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	51.00
11962	Peppers, hot chile, sun-dried	51.00
12151	Nuts, pistachio nuts, raw	51.00
12152	Nuts, pistachio nuts, dry roasted, without salt added	51.00
12652	Nuts, pistachio nuts, dry roasted, with salt added	51.00
15137	Crustaceans, crab, alaska king, cooked, moist heat	51.00

NDB_No	Description	Folate, food(µg) Value Per
15140	Crustaceans, crab, blue, cooked, moist heat	51.00
15141	Crustaceans, crab, blue, canned	51.00
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	51.00
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	51.00
18060	Bread, rye	51.00
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	51.00
19126	Candies, milk chocolate coated peanuts	51.00
19154	Candies, sesame crunch	51.00
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	50.00
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	50.00
01093	Milk, dry, nonfat, calcium reduced	50.00
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	50.00
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	50.00
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	50.00
11048	Beans, pinto, immature seeds, frozen, unprepared	50.00
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	50.00
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	50.00
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	50.00
15012	Fish, caviar, black and red, granular	50.00
16073	Lima beans, large, mature seeds, canned	50.00
19150	Candies, REESE'S Peanut Butter Cups	50.00
01039	Cheese, roquefort	49.00
02028	Spices, paprika	49.00
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	49.00
09139	Guavas, common, raw	49.00
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	49.00
11506	Sweet potato leaves, cooked, steamed, without salt	49.00
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	49.00
11874	Sweet potato leaves, cooked, steamed, with salt	49.00
11908	Corn, sweet, white, canned, vacuum pack, regular pack	49.00
11909	Corn, sweet, white, canned, vacuum pack, no salt added	49.00
12003	Seeds, breadfruit seeds, boiled	49.00
12006	Seeds, chia seeds, dried	49.00
12062	Nuts, almonds, blanched	49.00
18266	English muffins, whole-wheat	49.00
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	49.00

NDB_No	Description	Folate, food(µg) Value Per
11521	Taro leaves, cooked, steamed, without salt	48.00
11879	Taro, leaves, cooked, steamed, with salt	48.00
11950	Mushrooms, enoki, raw	48.00
16005	Beans, baked, home prepared	48.00
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	48.00
18213	Cookies, vanilla wafers, higher fat	48.00
20018	Corn flour, yellow, degermed, unenriched	48.00
20126	Spaghetti, spinach, dry	48.00
21063	Fast foods, burrito, with beans and beef	48.00
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	48.00
35196	Lambquarters, raw (Northern Plains Indians)	48.00
20084	Wheat flour, white, cake, enriched	47.00
28210	MURRAY, SUGAR FREE, Vanilla Sugar Wafer	47.00
28290	Cookie, with peanut butter filling, chocolate-coated	47.00
01094	Milk, buttermilk, dried	47.00
01123	Egg, whole, raw, fresh	47.00
02020	Spices, garlic powder	47.00
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	47.00
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	47.00
11063	Beans, snap, green, microwaved	47.00
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	47.00
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	47.00
12202	Nuts, chestnuts, japanese, raw	47.00
18077	Bread, whole-wheat, prepared from recipe	47.00
11115	Cabbage, savoy, cooked, boiled, drained, without salt	46.00
11145	Celtuce, raw	46.00
11279	Okra, cooked, boiled, drained, without salt	46.00
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	46.00
11753	Cabbage, savoy, cooked, boiled, drained, with salt	46.00
11803	Okra, cooked, boiled, drained, with salt	46.00
11821	Peppers, sweet, red, raw	46.00
11900	Corn, sweet, white, raw	46.00
12095	Nuts, chestnuts, chinese, boiled and steamed	46.00
14311	Beverages, Malted drink mix, natural, powder, dairy based.	46.00
18007	Bagels, oat bran	46.00
18112	Cake, pudding-type, german chocolate, dry mix	46.00

NDB_No	Description	Folate, food(µg) Value Per
18360	Taco shells, baked	46.00
19148	Candies, peanut brittle, prepared-from-recipe	46.00
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	46.00
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	46.00
22953	Egg rolls, pork, refrigerated, heated	46.00
28292	Crackers, multigrain	46.00
28318	Bread, french or vienna, whole wheat	46.00
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	46.00
19437	Snacks, potato chips, fat free, salted	45.00
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	45.00
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	45.00
19811	Snacks, potato chips, plain, unsalted	45.00
20140	Spelt, uncooked	45.00
22902	Pizza, meat topping, thick crust, frozen, cooked	45.00
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	45.00
36603	Restaurant, Chinese, beef and vegetables	45.00
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	45.00
02049	Thyme, fresh	45.00
06583	Soup, ramen noodle, any flavor, dry	45.00
11174	Corn, sweet, yellow, canned, cream style, regular pack	45.00
11200	Yardlong bean, cooked, boiled, drained, without salt	45.00
11326	Peas and onions, frozen, unprepared	45.00
11772	Corn, sweet, yellow, canned, cream style, no salt added	45.00
11899	Yardlong bean, cooked, boiled, drained, with salt	45.00
11906	Corn, sweet, white, canned, cream style, regular pack	45.00
11907	Corn, sweet, white, canned, cream style, no salt added	45.00
16135	Winged beans, mature seeds, raw	45.00
18226	Crackers, rye, wafers, plain	45.00
18267	English muffins, whole-wheat, toasted	45.00
01129	Egg, whole, cooked, hard-boiled	44.00
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	44.00
07014	Braunschweiger (a liver sausage), pork	44.00
11136	Cauliflower, cooked, boiled, drained, without salt	44.00
11497	Succotash, (corn and limas), canned, with cream style corn	44.00
11620	Drumstick pods, raw	44.00
11761	Cauliflower, cooked, boiled, drained, with salt	44.00

NDB_No	Description	Folate, food(µg) Value Per
11813	Peas, green, canned, no salt added, drained solids	44.00
12061	Nuts, almonds	44.00
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	44.00
15136	Crustaceans, crab, alaska king, raw	44.00
15139	Crustaceans, crab, blue, raw	44.00
15143	Crustaceans, crab, dungeness, raw	44.00
15144	Crustaceans, crab, queen, raw	44.00
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	44.00
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	44.00
16424	Soy sauce made from soy and wheat (shoyu), low sodium	44.00
19118	Candies, NESTLE, OH HENRY! Bar	44.00
20080	Wheat flour, whole-grain	44.00
21119	Fast foods, hotdog, with chili	44.00
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	44.00
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	44.00
20071	Wheat, hard red spring	43.00
20076	Wheat, durum	43.00
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	43.00
03185	Babyfood, cereal, mixed, dry fortified	43.00
06142	Sauce, sofrito, prepared from recipe	43.00
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	43.00
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	43.00
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	43.00
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	43.00
09176	Mangos, raw	43.00
11109	Cabbage, raw	43.00
11970	Cabbage, napa, cooked	43.00
14548	Beverages, tea, instant, lemon, with added ascorbic acid	43.00
16007	Beans, baked, canned, with beef	43.00
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	43.00
18385	Bread, wheat germ, toasted	43.00
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	43.00
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	42.00
08092	Cereals, QUAKER, corn grits, instant, plain, dry	42.00
10106	Pork, fresh, variety meats and by-products, kidneys, raw	42.00
11167	Corn, sweet, yellow, raw	42.00

NDB_No	Description	Folate, food(µg) Value Per
11300	Peas, edible-podded, raw	42.00
11501	Succotash, (corn and limas), frozen, unprepared	42.00
15142	Crustaceans, crab, blue, crab cakes, home recipe	42.00
15164	Mollusks, mussel, blue, raw	42.00
15226	Crustaceans, crab, dungeness, cooked, moist heat	42.00
15227	Crustaceans, crab, queen, cooked, moist heat	42.00
16104	Bacon, meatless	42.00
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	42.00
18075	Bread, whole-wheat, commercially prepared	42.00
18084	Bread stuffing, cornbread, dry mix	42.00
19061	Snacks, trail mix, tropical	42.00
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	42.00
20009	Buckwheat groats, roasted, dry	42.00
20137	Quinoa, cooked	42.00
20647	Millet flour	42.00
21089	Fast foods, cheeseburger; single, regular patty; plain	42.00
21130	Fast foods, onion rings, breaded and fried	42.00
28313	Rolls, hamburger or hot dog, whole wheat	42.00
43078	Beverage, milkshake mix, dry, not chocolate	42.00
43143	Cabbage, japanese style, fresh, pickled	42.00
20073	Wheat, soft red winter	41.00
20075	Wheat, soft white	41.00
28303	Crackers, cheese, whole grain	41.00
32000	Rice and vermicelli mix, beef flavor, unprepared	41.00
35144	Stew, dumpling with mutton (Navajo)	41.00
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	41.00
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	41.00
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	41.00
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	41.00
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	41.00
11417	Pumpkin flowers, cooked, boiled, drained, without salt	41.00
11570	Turnip greens, canned, solids and liquids	41.00
11576	Turnip greens and turnips, frozen, unprepared	41.00
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	41.00
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	41.00
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	41.00

NDB_No	Description	Folate, food(µg) Value Per
11967	Cauliflower, green, cooked, no salt added	41.00
11968	Cauliflower, green, cooked, with salt	41.00
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	41.00
18350	Rolls, hamburger or hotdog, plain	41.00
03283	Babyfood, vegetables, garden vegetable, strained	40.00
06584	Soup, broccoli cheese, canned, condensed, commercial	40.00
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	40.00
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	40.00
11222	Drumstick leaves, raw	40.00
11302	Peas, edible-podded, frozen, unprepared	40.00
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	40.00
11384	Potatoes, au gratin, dry mix, unprepared	40.00
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	40.00
12130	Nuts, hickorynuts, dried	40.00
18243	Croutons, seasoned	40.00
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	40.00
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	40.00
18955	Bread, pan dulce, sweet yeast bread	40.00
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	40.00
19415	Snacks, potato sticks	40.00
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	40.00
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	40.00
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	40.00
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	40.00
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	40.00
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	40.00
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	40.00
28348	Rolls, dinner, sweet	40.00
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	40.00
36626	Restaurant, Chinese, chicken and vegetables	40.00
21121	Fast foods, roast beef sandwich, plain	39.00
42267	Babyfood, juice, orange-carrot	39.00
01130	Egg, whole, cooked, omelet	39.00
08090	Cereals, corn grits, white, regular and quick, enriched, dry	39.00
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	39.00
09201	Oranges, raw, California, valencias	39.00

NDB_No	Description	Folate, food(µg) Value Per
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	39.00
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	39.00
11961	Hearts of palm, canned	39.00
18025	Bread, cracked-wheat	39.00
18061	Bread, rye, toasted	39.00
18264	English muffins, wheat	39.00
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	39.00
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	39.00
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	38.00
09286	Pomegranates, raw	38.00
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	38.00
11182	Corn, yellow, whole kernel, frozen, microwaved	38.00
11253	Lettuce, green leaf, raw	38.00
11357	Potatoes, white, flesh and skin, baked	38.00
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	38.00
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	38.00
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	38.00
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	38.00
11987	Mushrooms, oyster, raw	38.00
11988	Fungi, Cloud ears, dried	38.00
11989	Mushrooms, straw, canned, drained solids	38.00
12101	Nuts, chestnuts, european, boiled and steamed	38.00
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	38.00
19031	Snacks, oriental mix, rice-based	38.00
19143	Candies, MR. GOODBAR Chocolate Bar	38.00
19859	Cocoa, dry powder, hi-fat or breakfast, plain	38.00
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	38.00
20062	Rye grain	38.00
20072	Wheat, hard red winter	38.00
20074	Wheat, hard white	38.00
20082	Wheat flour, white, all-purpose, self-rising, enriched	38.00
20087	Wheat, sprouted	38.00
20131	Barley malt flour	38.00
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	38.00
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	38.00
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	38.00

NDB_No	Description	Folate, food(µg) Value Per
28293	Cookie, butter or sugar, with chocolate icing or filling	38.00
21306	Fast foods, griddle cake sandwich, sausage	37.00
25012	Snacks, sweet potato chips, unsalted	37.00
01090	Milk, dry, whole, with added vitamin D	37.00
01212	Milk, dry, whole, without added vitamin D	37.00
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	37.00
07058	Pickle and pimiento loaf, pork	37.00
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	37.00
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.00
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	37.00
09226	Papayas, raw	37.00
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	37.00
11151	Chicory, witloof, raw	37.00
11204	Cress, garden, cooked, boiled, drained, without salt	37.00
11722	Beans, snap, yellow, raw	37.00
11781	Cress, garden, cooked, boiled, drained, with salt	37.00
15145	Crustaceans, crayfish, mixed species, wild, raw	37.00
18175	Cookies, ladyfingers, with lemon juice and rind	37.00
18234	Crackers, wheat, sandwich, with peanut butter filling	37.00
18423	Cookies, ladyfingers, without lemon juice and rind	37.00
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	37.00
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	37.00
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	37.00
01004	Cheese, blue	36.00
01132	Egg, whole, cooked, scrambled	36.00
02001	Spices, allspice, ground	36.00
03046	Babyfood, ravioli, cheese filled, with tomato sauce	36.00
07972	Meatballs, frozen, Italian style	36.00
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	36.00
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	36.00
09422	Durian, raw or frozen	36.00
11001	Alfalfa seeds, sprouted, raw	36.00
11143	Celery, raw	36.00
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	36.00
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	36.00
11257	Lettuce, red leaf, raw	36.00

NDB_No	Description	Folate, food(µg) Value Per
11322	Peas and carrots, frozen, unprepared	36.00
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	36.00
11418	Pumpkin leaves, raw	36.00
11905	Corn, sweet, white, canned, whole kernel, drained solids	36.00
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	36.00
16009	Beans, baked, canned, with pork	36.00
16029	Beans, kidney, all types, mature seeds, canned	36.00
18078	Bread, whole-wheat, prepared from recipe, toasted	36.00
18232	Crackers, wheat, regular	36.00
19098	Candies, 5TH AVENUE Candy Bar	36.00
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	36.00
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	36.00
21505	Pizza, cheese topping, thin crust, frozen, cooked	36.00
28308	Crackers, standard snack-type, with whole wheat	36.00
28310	Cookies, shortbread, reduced fat	36.00
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	36.00
36045	ON THE BORDER, refried beans	36.00
21102	Fast foods, chicken fillet sandwich, plain with pickles	35.00
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	35.00
25027	Snacks, plantain chips, salted	35.00
28301	Cookies, peanut butter, commercially prepared, sugar free	35.00
28345	Crackers, gluten-free, multi-seeded and multigrain	35.00
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	35.00
01131	Egg, whole, cooked, poached	35.00
01186	Cheese, cream, fat free	35.00
03122	Babyfood, peas, dices, toddler	35.00
03193	Babyfood, cereal, oatmeal, with honey, dry	35.00
03682	Babyfood, cereal, high protein, prepared with whole milk	35.00
09039	Avocados, raw, Florida	35.00
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	35.00
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	35.00
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	35.00
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	35.00
11426	Pumpkin pie mix, canned	35.00
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	35.00
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	35.00

NDB_No	Description	Folate, food(µg) Value Per
11672	Potato pancakes	35.00
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	35.00
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	35.00
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	35.00
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	35.00
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	35.00
14356	Beverages, tea, instant, decaffeinated, lemon, diet	35.00
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	35.00
15210	Fish, salmon, chinook, cooked, dry heat	35.00
16167	USDA Commodity, Peanut Butter, smooth	35.00
18042	Bread, pita, whole-wheat	35.00
18043	Bread, protein (includes gluten)	35.00
18219	Crackers, matzo, whole-wheat	35.00
18260	English muffins, mixed-grain (includes granola)	35.00
18295	Pancakes, buckwheat, dry mix, incomplete	35.00
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	34.00
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	34.00
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	34.00
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	34.00
08106	Cereals, CREAM OF WHEAT, instant, dry	34.00
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	34.00
09048	Blackberries, frozen, unsweetened	34.00
09056	Boysenberries, canned, heavy syrup	34.00
09202	Oranges, raw, navels	34.00
11031	Lima beans, immature seeds, raw	34.00
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	34.00
11184	Corn with red and green peppers, canned, solids and liquids	34.00
11677	Shallots, raw	34.00
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	34.00
12147	Nuts, pine nuts, dried	34.00
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	34.00
18010	Biscuits, plain or buttermilk, dry mix	34.00
18044	Bread, pumpernickel	34.00
18047	Bread, raisin, enriched	34.00
18049	Bread, reduced-calorie, oat bran	34.00
18050	Bread, reduced-calorie, oat bran, toasted	34.00

NDB_No	Description	Folate, food(µg) Value Per
18051	Bread, reduced-calorie, oatmeal	34.00
18057	Bread, reduced-calorie, white	34.00
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	34.00
18279	Muffins, corn, commercially prepared	34.00
18414	Bread, raisin, unenriched	34.00
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	34.00
20064	Rye flour, medium	34.00
21120	Fast foods, hotdog, with corn flour coating (corndog)	34.00
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	34.00
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	34.00
20063	Rye flour, dark	33.00
20083	Wheat flour, white, bread, enriched	33.00
20129	Wheat flours, bread, unenriched	33.00
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	33.00
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	33.00
28322	Bagels, multigrain	33.00
28325	Crackers, toast thins, low sodium	33.00
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	33.00
43125	Beans, liquid from stewed kidney beans	33.00
01113	Whey, acid, dried	33.00
03092	Babyfood, vegetables, green beans, junior	33.00
06402	Soup, black bean, canned, prepared with equal volume water	33.00
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	33.00
11052	Beans, snap, green, raw	33.00
11053	Beans, snap, green, cooked, boiled, drained, without salt	33.00
11144	Celery, cooked, boiled, drained, without salt	33.00
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	33.00
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	33.00
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	33.00
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	33.00
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	33.00
11723	Beans, snap, green, cooked, boiled, drained, with salt	33.00
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	33.00
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	33.00
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	33.00
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	33.00

NDB_No	Description	Folate, food(µg) Value Per
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	33.00
12129	Nuts, ginkgo nuts, canned	33.00
14066	Beverages, Protein powder whey based	33.00
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	33.00
16054	Broadbeans (fava beans), mature seeds, canned	33.00
18201	Cookies, peanut butter sandwich, special dietary	33.00
18241	Croissants, cheese	33.00
18244	Danish pastry, cinnamon, enriched	33.00
18349	Rolls, french	33.00
18430	Danish pastry, cinnamon, unenriched	33.00
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	33.00
01019	Cheese, feta	32.00
03093	Babyfood, green beans, dices, toddler	32.00
06075	Soup, beef broth or bouillon, powder, dry	32.00
06076	Soup, beef broth, cubed, dry	32.00
06080	Soup, chicken broth or bouillon, dry	32.00
06081	Soup, chicken broth cubes, dry	32.00
08120	Cereals, oats, regular and quick, not fortified, dry	32.00
08122	Cereals, oats, instant, fortified, plain, dry	32.00
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	32.00
08157	Cereals ready-to-eat, wheat, puffed, fortified	32.00
08402	Cereals, QUAKER, Quick Oats, Dry	32.00
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	32.00
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	32.00
11386	Potatoes, scalloped, dry mix, unprepared	32.00
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	32.00
11932	Beans, snap, yellow, canned, regular pack, drained solids	32.00
11933	Beans, snap, yellow, canned, no salt added, drained solids	32.00
12206	Nuts, almonds, honey roasted, unblanched	32.00
16223	Soymilk (All flavors), enhanced	32.00
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	32.00
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	32.00
18972	Bread, cheese	32.00
19021	Snacks, granola bars, soft, uncoated, peanut butter	32.00
19165	Cocoa, dry powder, unsweetened	32.00
19166	Cocoa, dry powder, unsweetened, processed with alkali	32.00

NDB_No	Description	Folate, food(µg) Value Per
20132	Oat flour, partially debranned	32.00
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	32.00
19408	Snacks, pork skins, barbecue-flavor	31.00
20025	Cornmeal, yellow, self-rising, degermed, enriched	31.00
20325	Cornmeal, white, self-rising, degermed, enriched	31.00
21096	Fast foods, cheeseburger; single, large patty; plain	31.00
21142	Fast food, biscuit	31.00
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	31.00
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	31.00
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	31.00
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	31.00
28354	ANDREA'S, Gluten Free Soft Dinner Roll	31.00
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	31.00
03098	Babyfood, vegetables, beets, strained	31.00
05148	Goose, domesticated, meat only, raw	31.00
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	31.00
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	31.00
09177	Mangosteen, canned, syrup pack	31.00
09520	Kiwifruit, ZESPRI SunGold, raw	31.00
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	31.00
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	31.00
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	31.00
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	31.00
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	31.00
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	31.00
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	31.00
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	31.00
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	31.00
12154	Nuts, walnuts, black, dried	31.00
12170	Seeds, sesame flour, high-fat	31.00
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	31.00
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	31.00
18345	Rolls, dinner, oat bran	31.00
18355	Sweet rolls, cheese	31.00
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	31.00
18968	Bagels, wheat	31.00

NDB_No	Description	Folate, food(µg) Value Per
19034	Snacks, popcorn, air-popped	31.00
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	30.00
06101	Soup, cream of vegetable, dry, powder	30.00
06959	Gravy, instant turkey, dry	30.00
07041	Liver sausage, liverwurst, pork	30.00
07911	Liverwurst spread	30.00
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	30.00
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	30.00
09200	Oranges, raw, all commercial varieties	30.00
09205	Oranges, raw, with peel	30.00
09206	Orange juice, raw	30.00
09216	Orange peel, raw	30.00
09530	Fruit juice smoothie, ODWALLA, strawberry banana	30.00
11084	Beets, canned, drained solids	30.00
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	30.00
11110	Cabbage, cooked, boiled, drained, without salt	30.00
11292	Onions, young green, tops only	30.00
11311	Peas, green, canned, drained solids, rinsed in tap water	30.00
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	30.00
11475	Squash, summer, scallop, raw	30.00
11481	Squash, summer, zucchini, italian style, canned	30.00
11621	Drumstick pods, cooked, boiled, drained, without salt	30.00
11696	Tomatoes, yellow, raw	30.00
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	30.00
11751	Cabbage, common, cooked, boiled, drained, with salt	30.00
11787	Drumstick pods, cooked, boiled, drained, with salt	30.00
12034	Seeds, sesame meal, partially defatted	30.00
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	30.00
15078	Fish, salmon, chinook, raw	30.00
15242	Crustaceans, crayfish, mixed species, farmed, raw	30.00
16008	Beans, baked, canned, with franks	30.00
18033	Bread, italian	30.00
18059	Bread, rice bran	30.00
18080	Bread sticks, plain	30.00
18265	English muffins, wheat, toasted	30.00
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	30.00

NDB_No	Description	Folate, food(µg) Value Per
18348	Rolls, dinner, whole-wheat	30.00
18949	Crackers, whole-wheat, reduced fat	30.00
18966	Crackers, saltines, whole wheat (includes multi-grain)	30.00
19169	Egg custards, dry mix	30.00
19177	Gelatins, dry powder, unsweetened	30.00
19406	Snacks, granola bars, soft, uncoated, nut and raisin	30.00
19912	Sweetener, syrup, agave	30.00
20008	Buckwheat	30.00
20022	Cornmeal, degermed, enriched, yellow	30.00
20322	Cornmeal, degermed, enriched, white	30.00
20422	Cornmeal, degermed, unenriched, yellow	30.00
20522	Cornmeal, degermed, unenriched, white	30.00
21118	Fast foods, hotdog, plain	30.00
21138	Fast foods, potato, french fried in vegetable oil	30.00
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	30.00
25046	Snacks, bagel chips, plain	30.00
43218	Cereals ready-to-eat, ALPEN	30.00
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	30.00
43441	Rolls, pumpernickel	30.00
19411	Snacks, potato chips, plain, salted	29.00
20017	Corn flour, masa, enriched, white	29.00
20019	Corn flour, masa, unenriched, white	29.00
20081	Wheat flour, white, all-purpose, enriched, bleached	29.00
20109	Noodles, egg, dry, enriched	29.00
20317	Corn flour, yellow, masa, enriched	29.00
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	29.00
20409	Noodles, egg, dry, unenriched	29.00
20581	Wheat flour, white, all-purpose, enriched, unbleached	29.00
21011	Fast foods, croissant, with egg and cheese	29.00
21018	Fast foods, egg, scrambled	29.00
21129	Fast foods, hush puppies	29.00
21158	Fast foods, submarine sandwich, meatball marinara on white bread	29.00
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	29.00
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	29.00
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	29.00
36418	Restaurant, Mexican, refried beans	29.00

NDB_No	Description	Folate, food(µg) Value Per
36607	CRACKER BARREL, steak fries	29.00
42286	Babyfood, green beans and turkey, strained	29.00
03181	Babyfood, cereal, barley, dry fortified	29.00
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	29.00
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	29.00
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	29.00
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	29.00
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	29.00
08100	Cereals, CREAM OF RICE, dry	29.00
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	29.00
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	29.00
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	29.00
11082	Beets, canned, regular pack, solids and liquids	29.00
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	29.00
11252	Lettuce, iceberg (includes crisphead types), raw	29.00
11301	Peas, edible-podded, boiled, drained, without salt	29.00
11310	Peas, green, canned, seasoned, solids and liquids	29.00
11583	Vegetables, mixed, frozen, unprepared	29.00
11605	Beets, harvard, canned, solids and liquids	29.00
11641	Squash, summer, all varieties, raw	29.00
11656	Corn pudding, home prepared	29.00
11695	Tomatoes, orange, raw	29.00
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	29.00
11735	Beets, canned, no salt added, solids and liquids	29.00
11809	Peas, edible-podded, cooked, boiled, drained, with salt	29.00
11812	Peas, green, canned, no salt added, solids and liquids	29.00
11976	Pepper, banana, raw	29.00
12032	Seeds, sesame flour, partially defatted	29.00
12033	Seeds, sesame flour, low-fat	29.00
15159	Mollusks, clam, mixed species, cooked, moist heat	29.00
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	29.00
16055	Carob flour	29.00
16132	Tofu, salted and fermented (fuyu)	29.00
16426	Tofu, raw, firm, prepared with calcium sulfate	29.00
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	29.00
18030	Bread, french or vienna, toasted (includes sourdough)	29.00

NDB_No	Description	Folate, food(µg) Value Per
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	29.00
02009	Spices, chili powder	28.00
03121	Babyfood, vegetables, peas, strained	28.00
03206	Babyfood, cookie, baby, fruit	28.00
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	28.00
08177	Cereals, MALT-O-MEAL, chocolate, dry	28.00
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	28.00
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	28.00
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	28.00
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	28.00
09317	Strawberries, canned, heavy syrup pack, solids and liquids	28.00
11039	Lima beans, immature seeds, frozen, baby, unprepared	28.00
11056	Beans, snap, green, canned, regular pack, drained solids	28.00
11265	Mushrooms, portabella, raw	28.00
11430	Radishes, oriental, raw	28.00
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	28.00
11622	Kale, scotch, raw	28.00
11674	Potatoes, baked, flesh and skin, without salt	28.00
11729	Beans, snap, green, canned, no salt added, drained solids	28.00
11828	Potatoes, baked, flesh and skin, with salt	28.00
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	28.00
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	28.00
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	28.00
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	28.00
12205	Seeds, lotus seeds, raw	28.00
16145	Beans, kidney, red, mature seeds, canned, drained solids	28.00
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	28.00
17195	Lamb, variety meats and by-products, kidneys, raw	28.00
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	28.00
18055	Bread, reduced-calorie, wheat	28.00
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	28.00
18135	Cake, pudding-type, white, enriched, dry mix	28.00
18235	Crackers, whole-wheat	28.00
18239	Croissants, butter	28.00
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.00
18376	Bread crumbs, dry, grated, seasoned	28.00

NDB_No	Description	Folate, food(µg) Value Per
18429	Crackers, whole-wheat, low salt	28.00
19069	Candies, NESTLE, BUTTERFINGER Bar	28.00
19078	Baking chocolate, unsweetened, squares	28.00
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	28.00
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	28.00
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	28.00
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	28.00
25062	Snack, Mixed Berry Bar	28.00
32011	Yellow rice with seasoning, dry packet mix, unprepared	28.00
36625	Restaurant, Chinese, vegetable lo mein, without meat	28.00
42153	Salad dressing, blue or roquefort cheese dressing, light	28.00
19422	Snacks, potato chips, reduced fat	27.00
20012	Bulgur, dry	27.00
21010	Fast foods, biscuit, with crispy chicken fillet	27.00
21012	Fast foods, croissant, with egg, cheese, and bacon	27.00
21250	BURGER KING, Hamburger	27.00
21270	TACO BELL, Taco Salad	27.00
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	27.00
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	27.00
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	27.00
42205	Cheese, pasteurized process, cheddar or American, fat-free	27.00
01009	Cheese, cheddar	27.00
01029	Cheese, mozzarella, low moisture, part-skim	27.00
01270	Cheese, cheddar, sharp, sliced	27.00
01271	Cheese, mozzarella, low moisture, part-skim, shredded	27.00
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	27.00
05133	Chicken, capons, meat and skin and giblets and neck, raw	27.00
06627	Sauce, pesto, ready-to-serve, shelf stable	27.00
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	27.00
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	27.00
09046	Blackberries, canned, heavy syrup, solids and liquids	27.00
11134	Cassava, raw	27.00
11207	Dandelion greens, raw	27.00
11324	Peas and onions, canned, solids and liquids	27.00
11358	Potatoes, red, flesh and skin, baked	27.00
11485	Squash, winter, butternut, raw	27.00

NDB_No	Description	Folate, food(µg) Value Per
11609	Beets, pickled, canned, solids and liquids	27.00
11957	Fennel, bulb, raw	27.00
11960	Carrots, baby, raw	27.00
11979	Peppers, jalapeno, raw	27.00
12065	Nuts, almonds, oil roasted, without salt added	27.00
12565	Nuts, almonds, oil roasted, with salt added	27.00
12665	Nuts, almonds, oil roasted, lightly salted	27.00
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	27.00
16129	Tofu, fried	27.00
16429	Tofu, fried, prepared with calcium sulfate	27.00
18039	Bread, oatmeal	27.00
18071	Bread, white, prepared from recipe, made with nonfat dry milk	27.00
18185	Cookies, peanut butter, commercially prepared, regular	27.00
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	27.00
18261	English muffins, mixed-grain, toasted (includes granola)	27.00
18383	Bread, protein, (includes gluten), toasted	27.00
19045	Snacks, potato chips, made from dried potatoes, reduced fat	27.00
03172	Babyfood, juice, orange	26.00
05109	Chicken, roasting, meat and skin and giblets and neck, raw	26.00
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	26.00
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	26.00
06957	Gravy, brown instant, dry	26.00
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	26.00
09167	Loganberries, frozen	26.00
09185	Melon balls, frozen	26.00
09278	Plantains, cooked	26.00
09306	Raspberries, frozen, red, sweetened	26.00
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	26.00
11054	Beans, snap, green, canned, regular pack, solids and liquids	26.00
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	26.00
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	26.00
11356	Potatoes, Russet, flesh and skin, baked	26.00
11437	Salsify, (vegetable oyster), raw	26.00
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	26.00
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	26.00
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	26.00

NDB_No	Description	Folate, food(µg) Value Per
11951	Peppers, sweet, yellow, raw	26.00
12104	Nuts, coconut meat, raw	26.00
14262	Beverages, citrus fruit juice drink, frozen concentrate	26.00
15073	Fish, roughy, orange, raw	26.00
15236	Fish, salmon, Atlantic, farmed, raw	26.00
16107	Sausage, meatless	26.00
16130	Okara	26.00
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	26.00
16403	Refried beans, canned, traditional, reduced sodium	26.00
18045	Bread, pumpernickel, toasted	26.00
18048	Bread, raisin, enriched, toasted	26.00
18220	Crackers, melba toast, plain	26.00
18424	Crackers, melba toast, plain, without salt	26.00
18432	Bread, white, commercially prepared, toasted, low sodium no salt	26.00
18950	Crackers, wheat, reduced fat	26.00
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	26.00
19367	Toppings, nuts in syrup	26.00
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	26.00
20089	Wild rice, cooked	26.00
20481	Wheat flour, white, all-purpose, unenriched	26.00
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	26.00
25036	Snacks, granola bites, mixed flavors	26.00
28302	Cookies, graham crackers, plain or honey, lowfat	26.00
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	26.00
28324	Pancakes, whole wheat, dry mix, incomplete	26.00
43112	Beans, chili, barbecue, ranch style, cooked	26.00
19913	Candies, NESTLE, BUTTERFINGER Crisp	25.00
20016	Corn flour, whole-grain, yellow	25.00
20020	Cornmeal, whole-grain, yellow	25.00
20091	Pasta, gluten-free, corn, dry	25.00
20316	Corn flour, whole-grain, white	25.00
20320	Cornmeal, whole-grain, white	25.00
20648	Sorghum flour, whole-grain	25.00
21140	Side dishes, potato salad	25.00
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	25.00
21264	TACO BELL, Bean Burrito	25.00

NDB_No	Description	Folate, food(µg) Value Per
21266	TACO BELL, BURRITO SUPREME with chicken	25.00
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	25.00
21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	25.00
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	25.00
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	25.00
32009	Pasta mix, classic beef, unprepared	25.00
36035	Restaurant, family style, coleslaw	25.00
42139	Granola bar, soft, milk chocolate coated, peanut butter	25.00
01185	Parmesan cheese topping, fat free	25.00
02011	Spices, cloves, ground	25.00
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	25.00
05141	Duck, domesticated, meat only, raw	25.00
05145	Duck, wild, breast, meat only, raw	25.00
05354	USDA Commodity, turkey taco meat, frozen, cooked	25.00
06977	Gravy, meat or poultry, low sodium, prepared	25.00
09042	Blackberries, raw	25.00
09148	Kiwifruit, green, raw	25.00
11266	Mushrooms, brown, italian, or crimini, raw	25.00
11413	Potato flour	25.00
11419	Pumpkin leaves, cooked, boiled, drained, without salt	25.00
11429	Radishes, raw	25.00
11848	Pumpkin leaves, cooked, boiled, drained, with salt	25.00
12086	Nuts, cashew nuts, oil roasted, without salt added	25.00
12087	Nuts, cashew nuts, raw	25.00
12586	Nuts, cashew nuts, oil roasted, with salt added	25.00
15018	Fish, cod, Atlantic, dried and salted	25.00
15076	Fish, salmon, Atlantic, wild, raw	25.00
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	25.00
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	25.00
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	25.00
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	25.00
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	25.00
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	25.00
18037	Bread, oat bran	25.00
18066	Bread, wheat bran	25.00
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25.00

NDB_No	Description	Folate, food(µg) Value Per
18079	Bread crumbs, dry, grated, plain	25.00
18214	Crackers, cheese, regular	25.00
18215	Crackers, cheese, sandwich-type with peanut butter filling	25.00
18245	Danish pastry, cheese	25.00
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	25.00
18339	Popovers, dry mix, enriched	25.00
18351	Rolls, hamburger or hotdog, mixed-grain	25.00
18352	Rolls, hamburger or hotdog, reduced-calorie	25.00
18416	Bread, white, commercially prepared, low sodium, no salt	25.00
18434	Crackers, cheese, low sodium	25.00
18447	Popovers, dry mix, unenriched	25.00
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	25.00
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	25.00
02035	Spices, pumpkin pie spice	24.00
03091	Babyfood, vegetables, green beans, strained	24.00
03176	Babyfood, juice, orange and banana	24.00
06004	Soup, bean with pork, canned, condensed	24.00
06006	Soup, bean with frankfurters, canned, condensed	24.00
08172	Cereals, farina, unenriched, dry	24.00
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	24.00
09144	Jackfruit, raw	24.00
09207	Orange juice, canned, unsweetened	24.00
09316	Strawberries, raw	24.00
09433	Clementines, raw	24.00
09442	Pomegranate juice, bottled	24.00
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	24.00
11113	Cabbage, red, cooked, boiled, drained, without salt	24.00
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	24.00
11306	Peas, green, canned, regular pack, solids and liquids	24.00
11439	Sauerkraut, canned, solids and liquids	24.00
11477	Squash, summer, zucchini, includes skin, raw	24.00
11487	Squash, winter, butternut, frozen, unprepared	24.00
11581	Vegetables, mixed, canned, drained solids	24.00
11618	Eppaw, raw	24.00
11643	Squash, winter, all varieties, raw	24.00
11752	Cabbage, red, cooked, boiled, drained, with salt	24.00

NDB_No	Description	Folate, food(µg) Value Per
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	24.00
15027	Fish, fish sticks, frozen, prepared	24.00
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	24.00
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	24.00
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	24.00
15230	Mollusks, octopus, common, cooked, moist heat	24.00
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	24.00
15261	Fish, tilapia, raw	24.00
16044	Beans, pinto, mature seeds, canned, solids and liquids	24.00
16114	Tempeh	24.00
16146	Beans, pinto, canned, drained solids	24.00
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	24.00
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	24.00
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	24.00
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	24.00
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	24.00
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	24.00
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	24.00
18041	Bread, pita, white, enriched	24.00
18218	Crackers, matzo, egg	24.00
18222	Crackers, melba toast, wheat	24.00
18268	French toast, frozen, ready-to-heat	24.00
18356	Sweet rolls, cinnamon, commercially prepared with raisins	24.00
18413	Bread, pita, white, unenriched	24.00
19020	Snacks, granola bars, soft, uncoated, plain	24.00
20086	Wheat flour, white, tortilla mix, enriched	24.00
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	24.00
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	24.00
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	24.00
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	24.00
22969	Chili with beans, microwavable bowls	24.00
25024	Pretzels, soft, unsalted	24.00
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	24.00
28327	Crackers, water biscuits	24.00
43109	Pretzels, soft	24.00
43449	Beans, baked, canned, no salt added	24.00

NDB_No	Description	Folate, food(µg) Value Per
19806	Snacks, popcorn, air-popped (Unsalted)	23.00
20005	Barley, pearled, raw	23.00
20036	Rice, brown, long-grain, raw	23.00
20065	Rye flour, light	23.00
21112	Fast foods, hamburger; single, large patty; plain	23.00
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	23.00
21254	BURGER KING, DOUBLE WHOPPER, no cheese	23.00
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	23.00
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	23.00
22928	Burrito, beef and bean, microwaved	23.00
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	23.00
32006	Taquitos, frozen, chicken and cheese, oven-heated	23.00
36030	DENNY'S, hash browns	23.00
36039	Restaurant, family style, hash browns	23.00
02054	Capers, canned	23.00
03114	Babyfood, vegetable, butternut squash and corn	23.00
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	23.00
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	23.00
06175	Sauce, hoisin, ready-to-serve	23.00
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	23.00
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	23.00
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	23.00
09062	Cherimoya, raw	23.00
09334	Feijoa, raw	23.00
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	23.00
11104	Burdock root, raw	23.00
11154	Chicory roots, raw	23.00
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	23.00
11223	Drumstick leaves, cooked, boiled, drained, without salt	23.00
11294	Onions, sweet, raw	23.00
11399	Potato puffs, frozen, oven-heated	23.00
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	23.00
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	23.00
11601	Yam, raw	23.00
11670	Peppers, hot chili, green, raw	23.00
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	23.00

NDB_No	Description	Folate, food(µg) Value Per
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	23.00
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	23.00
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	23.00
11786	Drumstick leaves, cooked, boiled, drained, with salt	23.00
11819	Peppers, hot chili, red, raw	23.00
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	23.00
11956	Tomatoes, sun-dried, packed in oil, drained	23.00
11977	Peppers, serrano, raw	23.00
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	23.00
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	23.00
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	23.00
16059	Chili with beans, canned	23.00
16067	Hyacinth beans, mature seeds, raw	23.00
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	23.00
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	23.00
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	23.00
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	23.00
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	23.00
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	23.00
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	23.00
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	23.00
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	23.00
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	23.00
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	23.00
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	23.00
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	23.00
18053	Bread, reduced-calorie, rye	23.00
18070	Bread, white, commercially prepared, toasted	23.00
18269	French toast, prepared from recipe, made with low fat (2%) milk	23.00
18284	Muffins, wheat bran, dry mix	23.00
18384	Bread, rice bran, toasted	23.00
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	23.00
19015	Snacks, granola bars, hard, plain	23.00
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	23.00
03994	Babyfood, fruit, banana and strawberry, junior	22.00
06631	Sauce, hot chile, sriracha	22.00

NDB_No	Description	Folate, food(µg) Value Per
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	22.00
09277	Plantains, raw	22.00
11209	Eggplant, raw	22.00
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	22.00
11364	Potatoes, baked, skin, without salt	22.00
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	22.00
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	22.00
11517	Sweet potato, frozen, cooked, baked, without salt	22.00
11518	Taro, raw	22.00
11553	Tomato products, canned, sauce, with onions	22.00
11764	Celery, cooked, boiled, drained, with salt	22.00
11830	Potatoes, baked, skin only, with salt	22.00
11877	Sweet potato, frozen, cooked, baked, with salt	22.00
12078	Nuts, brazilnuts, dried, unblanched	22.00
12142	Nuts, pecans	22.00
16160	Tofu, hard, prepared with nigari	22.00
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	22.00
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	22.00
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	22.00
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	22.00
17218	Veal, variety meats and by-products, thymus, raw	22.00
18003	Bagels, egg	22.00
18216	Crackers, crispbread, rye	22.00
18221	Crackers, melba toast, rye (includes pumpernickel)	22.00
18236	Cracker meal	22.00
18237	Cream puff shell, prepared from recipe	22.00
18242	Croutons, plain	22.00
18346	Rolls, dinner, rye	22.00
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	22.00
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	22.00
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	22.00
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	22.00
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	22.00
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	22.00
19418	Snacks, sesame sticks, wheat-based, salted	22.00
19820	Snacks, sesame sticks, wheat-based, unsalted	22.00

NDB_No	Description	Folate, food(µg) Value Per
20002	Amaranth grain, cooked	22.00
20093	Pasta, fresh-refrigerated, plain, as purchased	22.00
20113	Noodles, chinese, chow mein	22.00
21013	Fast foods, croissant, with egg, cheese, and ham	22.00
21023	Fast foods, french toast with butter	22.00
22998	Rice and vermicelli mix, chicken flavor, unprepared	22.00
25028	Tortilla chips, yellow, plain, salted	22.00
25037	Snacks, pita chips, salted	22.00
25045	Formulated bar, high fiber, chewy, oats and chocolate	22.00
27059	Sauce, peanut, made from peanut butter, water, soy sauce	22.00
36017	Restaurant, family style, macaroni & cheese, from kids' menu	22.00
36037	Restaurant, family style, chili with meat and beans	22.00
43299	Soybean, curd cheese	22.00
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	21.00
19816	Snacks, rice cakes, brown rice, plain, unsalted	21.00
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	21.00
20112	Noodles, egg, spinach, enriched, cooked	21.00
20125	Pasta, whole-wheat, cooked	21.00
21111	Fast foods, hamburger; double, regular patty; with condiments	21.00
21253	BURGER KING, WHOPPER, with cheese	21.00
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	21.00
22904	Chili con carne with beans, canned entree	21.00
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	21.00
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	21.00
25059	Snacks, brown rice chips	21.00
27065	Dip, bean, original flavor	21.00
27068	Dip, FRITO'S, bean, original flavor	21.00
28315	Bread, cinnamon	21.00
28320	English muffins, whole grain white	21.00
28349	Cookies, oatmeal, reduced fat	21.00
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	21.00
42204	Rice cake, cracker (include hain mini rice cakes)	21.00
43365	Tomato and vegetable juice, low sodium	21.00
01022	Cheese, gouda	21.00
03130	Babyfood, fruit, peaches, strained	21.00
03131	Babyfood, fruit, peaches, junior	21.00

NDB_No	Description	Folate, food(µg) Value Per
05144	Duck, wild, meat and skin, raw	21.00
06981	Soup, bouillon cubes and granules, low sodium, dry	21.00
09181	Melons, cantaloupe, raw	21.00
09302	Raspberries, raw	21.00
09518	Raspberries, frozen, unsweetened	21.00
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	21.00
11269	Mushrooms, shiitake, cooked, without salt	21.00
11289	Onions, frozen, whole, unprepared	21.00
11349	Poi	21.00
11435	Rutabagas, raw	21.00
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	21.00
11516	Sweet potato, frozen, unprepared	21.00
11578	Vegetable juice cocktail, canned	21.00
11585	Vegetable juice cocktail, low sodium, canned	21.00
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	21.00
11798	Mushrooms, shiitake, cooked, with salt	21.00
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	21.00
11993	Mushrooms, maitake, raw	21.00
13317	Beef, ground, patties, frozen, cooked, broiled	21.00
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	21.00
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	21.00
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	21.00
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	21.00
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	21.00
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	21.00
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	21.00
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	21.00
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	21.00
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	21.00
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	21.00
17197	Veal, variety meats and by-products, kidneys, raw	21.00
17198	Veal, variety meats and by-products, kidneys, cooked, braised	21.00
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	21.00
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	21.00
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	21.00
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	21.00

NDB_No	Description	Folate, food(µg) Value Per
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	21.00
18005	Bagels, cinnamon-raisin	21.00
18040	Bread, oatmeal, toasted	21.00
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	21.00
19022	Snacks, granola bars, soft, uncoated, raisin	21.00
19051	Snacks, rice cracker brown rice, plain	21.00
19052	Snacks, rice cakes, brown rice, buckwheat	21.00
19063	Snacks, tortilla chips, taco-flavor	21.00
19071	Candies, carob, unsweetened	21.00
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	21.00
01005	Cheese, brick	20.00
01041	Cheese, tilsit	20.00
01182	USDA Commodity, cheese, cheddar, reduced fat	20.00
01209	Cheese, Mexican, blend, reduced fat	20.00
01260	Cheese, cheddar, reduced fat	20.00
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	20.00
01285	Yogurt, Greek, strawberry, nonfat	20.00
02043	Spices, turmeric, ground	20.00
03120	Babyfood, vegetables, corn, creamed, junior	20.00
03175	Babyfood, juice, orange and apricot	20.00
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	20.00
03215	Babyfood, pretzels	20.00
03216	Babyfood, teething biscuits	20.00
03217	Zwieback	20.00
03995	Babyfood, banana with mixed berries, strained	20.00
06037	Soup, lentil with ham, canned, ready-to-serve	20.00
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	20.00
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	20.00
09040	Bananas, raw	20.00
09152	Lemon juice, raw	20.00
11105	Burdock root, cooked, boiled, drained, without salt	20.00
11263	Mushrooms, white, stir-fried	20.00
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	20.00
11540	Tomato juice, canned, with salt added	20.00
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	20.00
11644	Squash, winter, all varieties, cooked, baked, without salt	20.00

NDB_No	Description	Folate, food(µg) Value Per
11747	Burdock root, cooked, boiled, drained, with salt	20.00
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	20.00
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	20.00
11863	Squash, winter, all varieties, cooked, baked, with salt	20.00
11886	Tomato juice, canned, without salt added	20.00
11901	Corn, sweet, white, cooked, boiled, drained, without salt	20.00
11902	Corn, sweet, white, cooked, boiled, drained, with salt	20.00
11953	Squash, zucchini, baby, raw	20.00
15075	Fish, sablefish, smoked	20.00
15080	Fish, salmon, chum, canned, drained solids with bone	20.00
15106	Fish, sturgeon, mixed species, smoked	20.00
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	20.00
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	20.00
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	20.00
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	20.00
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	20.00
17219	Veal, variety meats and by-products, thymus, cooked, braised	20.00
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	20.00
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	20.00
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	20.00
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	20.00
18192	Cookies, shortbread, commercially prepared, plain	20.00
18223	Crackers, milk	20.00
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	20.00
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	20.00
18270	Hush puppies, prepared from recipe	20.00
18317	Pie, egg custard, commercially prepared	20.00
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	20.00
19414	Snacks, rice cakes, brown rice, multigrain	20.00
19524	Snacks, taro chips	20.00
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	20.00
20028	Couscous, dry	20.00
20040	Rice, brown, medium-grain, raw	20.00
20067	Sorghum grain	20.00
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	20.00
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	20.00

NDB_No	Description	Folate, food(µg) Value Per
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	20.00
21003	Fast foods, biscuit, with egg and bacon	20.00
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	20.00
21083	Fast foods, taco salad	20.00
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	20.00
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	20.00
22954	Egg rolls, chicken, refrigerated, heated	20.00
22978	Chicken tenders, breaded, frozen, prepared	20.00
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	20.00
28305	Pancakes, plain, reduced fat	20.00
28351	Cookies, Marie biscuit	20.00
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	20.00
43146	Eggplant, pickled	20.00
90240	Mollusks, scallop, (bay and sea), cooked, steamed	20.00
19410	Snack, potato chips, made from dried potatoes, plain	19.00
19413	Snacks, rice cakes, brown rice, corn	19.00
19419	Snacks, corn cakes	19.00
19800	Snacks, corn cakes, very low sodium	19.00
20004	Barley, hulled	19.00
20014	Corn grain, yellow	19.00
20032	Millet, cooked	19.00
20097	Pasta, homemade, made with egg, cooked	19.00
21002	Fast foods, biscuit, with egg	19.00
21006	Fast foods, biscuit with egg and steak	19.00
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	19.00
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	19.00
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	19.00
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	19.00
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	19.00
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	19.00
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	19.00
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	19.00
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	19.00
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	19.00
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	19.00
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	19.00

NDB_No	Description	Folate, food(µg) Value Per
43274	Cheese, cream, low fat	19.00
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	19.00
43529	Babyfood, rice and apples, dry	19.00
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	19.00
03177	Babyfood, juice, orange and pineapple	19.00
03190	Babyfood, cereal, oatmeal, with bananas, dry	19.00
03213	Babyfood, cookies	19.00
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	19.00
06001	Soup, cream of asparagus, canned, condensed	19.00
08002	Cereals ready-to-eat, POST, ALPHA-BITS	19.00
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	19.00
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	19.00
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	19.00
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	19.00
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	19.00
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	19.00
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	19.00
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	19.00
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	19.00
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	19.00
08029	Cereals ready-to-eat, POST Bran Flakes	19.00
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	19.00
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	19.00
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	19.00
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	19.00
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	19.00
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	19.00
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	19.00
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	19.00
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	19.00
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	19.00
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	19.00
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	19.00
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	19.00
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	19.00
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	19.00

NDB_No	Description	Folate, food(µg) Value Per
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	19.00
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	19.00
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	19.00
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	19.00
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	19.00
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	19.00
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	19.00
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	19.00
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	19.00
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	19.00
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	19.00
08116	Cereals, MALT-O-MEAL, original, plain, dry	19.00
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	19.00
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	19.00
08156	Cereals ready-to-eat, rice, puffed, fortified	19.00
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	19.00
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	19.00
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	19.00
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	19.00
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	19.00
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	19.00
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	19.00
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	19.00
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	19.00
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	19.00
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	19.00
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	19.00
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	19.00
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	19.00
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	19.00
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	19.00
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	19.00
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	19.00
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	19.00
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	19.00
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	19.00

NDB_No	Description	Folate, food(µg) Value Per
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	19.00
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	19.00
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	19.00
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	19.00
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	19.00
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	19.00
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	19.00
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	19.00
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	19.00
08305	Cereals ready-to-eat, Post, Waffle Crisp	19.00
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	19.00
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	19.00
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	19.00
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	19.00
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	19.00
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	19.00
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	19.00
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	19.00
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	19.00
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	19.00
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	19.00
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	19.00
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	19.00
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	19.00
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	19.00
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	19.00
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	19.00
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	19.00
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	19.00
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	19.00
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	19.00
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	19.00
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	19.00
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	19.00
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	19.00
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	19.00

NDB_No	Description	Folate, food(µg) Value Per
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	19.00
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	19.00
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	19.00
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	19.00
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	19.00
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	19.00
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	19.00
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	19.00
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	19.00
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	19.00
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	19.00
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	19.00
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	19.00
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	19.00
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	19.00
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	19.00
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	19.00
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	19.00
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	19.00
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	19.00
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	19.00
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	19.00
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	19.00
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	19.00
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	19.00
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	19.00
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	19.00
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	19.00
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	19.00
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	19.00
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	19.00
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	19.00
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	19.00
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	19.00
09087	Dates, deglet noor	19.00
09184	Melons, honeydew, raw	19.00

NDB_No	Description	Folate, food(µg) Value Per
09209	Orange juice, chilled, includes from concentrate	19.00
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	19.00
09211	Orange juice, chilled, includes from concentrate, with added calcium	19.00
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	19.00
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	19.00
09430	Pineapple, raw, extra sweet variety	19.00
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	19.00
11124	Carrots, raw	19.00
11228	Jew's ear, (pepeao), raw	19.00
11243	Mushrooms, portabella, grilled	19.00
11282	Onions, raw	19.00
11295	Onion rings, breaded, par fried, frozen, unprepared	19.00
11467	Squash, summer, crookneck and straightneck, raw	19.00
11483	Squash, winter, acorn, cooked, baked, without salt	19.00
11486	Squash, winter, butternut, cooked, baked, without salt	19.00
11519	Taro, cooked, without salt	19.00
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	19.00
11864	Squash, winter, acorn, cooked, baked, with salt	19.00
11866	Squash, winter, butternut, cooked, baked, with salt	19.00
11878	Taro, cooked, with salt	19.00
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	19.00
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	19.00
14317	Beverages, malted drink mix, chocolate, powder	19.00
15116	Fish, trout, rainbow, wild, cooked, dry heat	19.00
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	19.00
16112	Miso	19.00
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	19.00
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	19.00
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	19.00
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	19.00
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	19.00
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	19.00
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	19.00
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	19.00
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	19.00
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	19.00

NDB_No	Description	Folate, food(µg) Value Per
17126	Veal, shoulder, arm, separable lean only, cooked, braised	19.00
17225	Lamb, ground, cooked, broiled	19.00
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	19.00
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	19.00
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	19.00
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	19.00
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	19.00
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	19.00
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	19.00
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	19.00
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	19.00
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	19.00
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	19.00
18038	Bread, oat bran, toasted	19.00
18082	Bread stuffing, bread, dry mix, prepared	19.00
18103	Coffeecake, cheese	19.00
18106	Coffeecake, fruit	19.00
18134	Cake, sponge, prepared from recipe	19.00
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	19.00
18233	Crackers, wheat, sandwich, with cheese filling	19.00
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	19.00
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	19.00
18964	Cinnamon buns, frosted (includes honey buns)	19.00
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	19.00
19077	Baking chocolate, unsweetened, liquid	19.00
01008	Cheese, caraway	18.00
01010	Cheese, cheshire	18.00
01011	Cheese, colby	18.00
01025	Cheese, monterey	18.00
01034	Cheese, port de salut	18.00
01169	Cheese, low-sodium, cheddar or colby	18.00
01173	Egg, white, dried	18.00
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	18.00
01252	Cheese product, pasteurized process, American, vitamin D fortified	18.00
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	18.00
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	18.00

NDB_No	Description	Folate, food(µg) Value Per
07936	Bologna, pork and turkey, lite	18.00
08074	Cereals ready-to-eat, RALSTON TASTEEOS	18.00
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	18.00
09266	Pineapple, raw, all varieties	18.00
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	18.00
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	18.00
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	18.00
11050	Beans, shellie, canned, solids and liquids	18.00
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	18.00
11112	Cabbage, red, raw	18.00
11150	Chayote, fruit, cooked, boiled, drained, without salt	18.00
11261	Mushrooms, white, cooked, boiled, drained, without salt	18.00
11318	Peas and carrots, canned, regular pack, solids and liquids	18.00
11354	Potatoes, white, flesh and skin, raw	18.00
11355	Potatoes, red, flesh and skin, raw	18.00
11579	Vegetables, mixed, canned, solids and liquids	18.00
11726	Beans, snap, green, canned, no salt added, solids and liquids	18.00
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	18.00
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	18.00
11766	Chayote, fruit, cooked, boiled, drained, with salt	18.00
11797	Mushrooms, white, cooked, boiled, drained, with salt	18.00
11816	Peas and carrots, canned, no salt added, solids and liquids	18.00
11990	Wasabi, root, raw	18.00
14251	Alcoholic beverages, beer, higher alcohol	18.00
15021	Fish, croaker, Atlantic, cooked, breaded and fried	18.00
15158	Mollusks, clam, mixed species, cooked, breaded and fried	18.00
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	18.00
15202	Fish, milkfish, cooked, dry heat	18.00
15245	Mollusks, oyster, eastern, farmed, raw	18.00
16120	Soymilk, original and vanilla, unfortified	18.00
16124	Soy sauce made from soy (tamari)	18.00
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soy milk	18.00
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	18.00
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	18.00
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	18.00
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	18.00

NDB_No	Description	Folate, food(µg) Value Per
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	18.00
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	18.00
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	18.00
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	18.00
17095	Veal, leg (top round), separable lean and fat, cooked, braised	18.00
17100	Veal, leg (top round), separable lean only, cooked, braised	18.00
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	18.00
17153	Game meat, beefalo, composite of cuts, cooked, roasted	18.00
17224	Lamb, ground, raw	18.00
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	18.00
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	18.00
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	18.00
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	18.00
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	18.00
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	18.00
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	18.00
18148	Cheesecake prepared from mix, no-bake type	18.00
18189	Cookies, peanut butter, prepared from recipe	18.00
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	18.00
18283	Muffins, oat bran	18.00
18332	Pie crust, standard-type, dry mix	18.00
18338	Phyllo dough	18.00
18428	Crackers, wheat, low salt	18.00
19036	Snacks, popcorn, cakes	18.00
19053	Snacks, rice cakes, brown rice, sesame seed	18.00
19162	Candies, WHATCHAMACALLIT Candy Bar	18.00
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	18.00
19420	Snacks, granola bars, hard, peanut butter	18.00
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	18.00
20013	Bulgur, cooked	18.00
20096	Pasta, fresh-refrigerated, spinach, cooked	18.00
20120	Pasta, dry, enriched	18.00
20143	Teff, cooked	18.00
20420	Pasta, dry, unenriched	18.00
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	18.00
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	18.00

NDB_No	Description	Folate, food(µg) Value Per
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	18.00
25000	Snacks, popcorn, microwave, 94% fat free	18.00
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	18.00
25038	Snacks, granola bars, soft, almond, confectioners coating	18.00
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	18.00
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	18.00
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	18.00
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	18.00
35146	Stew, mutton, corn, squash (Navajo)	18.00
42117	Imitation cheese, american or cheddar, low cholesterol	18.00
42155	Cheese, monterey, low fat	18.00
42258	Cheese product, pasteurized process, cheddar, reduced fat	18.00
42284	Babyfood, baked product, finger snacks cereal fortified	18.00
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	18.00
43346	Frozen novelties, juice type, orange	18.00
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	17.00
20098	Pasta, homemade, made without egg, cooked	17.00
20105	Macaroni, vegetable, enriched, dry	17.00
20118	Noodles, flat, crunchy, Chinese restaurant	17.00
21004	Fast foods, biscuit, with egg and ham	17.00
21014	Fast foods, croissant, with egg, cheese, and sausage	17.00
21020	Fast foods, english muffin, with cheese and sausage	17.00
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	17.00
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	17.00
21108	Fast foods, hamburger; single, regular patty; with condiments	17.00
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	17.00
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	17.00
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	17.00
21260	TACO BELL, Original Taco with beef, cheese and lettuce	17.00
21267	TACO BELL, BURRITO SUPREME with steak	17.00
21395	Fast foods, cheeseburger; double, regular patty; with condiments	17.00
22917	Burrito, beef and bean, frozen	17.00
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	17.00
23501	USDA Commodity, beef patties with VPP, frozen, cooked	17.00
25001	Snacks, popcorn, microwave, low fat	17.00
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	17.00

NDB_No	Description	Folate, food(µg) Value Per
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	17.00
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	17.00
27051	Sauce, cocktail, ready-to-serve	17.00
28350	Cookies, chocolate cream covered biscuit sticks	17.00
32016	Macaroni or noodles with cheese, microwaveable, unprepared	17.00
35142	Frybread, made with lard (Navajo)	17.00
36033	Restaurant, family style, fish fillet, battered or breaded, fried	17.00
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	17.00
43273	Cheese, cottage, with vegetables	17.00
43285	Eggs, scrambled, frozen mixture	17.00
43546	Babyfood, banana no tapioca, strained	17.00
43572	Popcorn, microwave, low fat and sodium	17.00
01200	Reddi Wip Fat Free Whipped Topping	17.00
02030	Spices, pepper, black	17.00
03100	Babyfood, vegetables, carrots, junior	17.00
03119	Babyfood, vegetables, corn, creamed, strained	17.00
03186	Babyfood, cereal, mixed, with bananas, dry	17.00
03290	Babyfood, carrots and beef, strained	17.00
03964	Babyfood, fortified cereal bar, fruit filling	17.00
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	17.00
07006	Bockwurst, pork, veal, raw	17.00
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	17.00
08113	Cereals, farina, enriched, cooked with water, without salt	17.00
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	17.00
08173	Cereals, farina, enriched, cooked with water, with salt	17.00
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	17.00
09149	Kumquats, raw	17.00
09203	Oranges, raw, Florida	17.00
09318	Strawberries, frozen, unsweetened	17.00
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	17.00
11235	Kale, frozen, unprepared	17.00
11260	Mushrooms, white, raw	17.00
11287	Onions, frozen, chopped, unprepared	17.00
11362	Potatoes, raw, skin	17.00
11369	Potatoes, microwaved, cooked in skin, skin, without salt	17.00
11398	Potato puffs, frozen, unprepared	17.00

NDB_No	Description	Folate, food(µg) Value Per
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	17.00
11431	Radishes, oriental, cooked, boiled, drained, without salt	17.00
11482	Squash, winter, acorn, raw	17.00
11512	Sweet potato, canned, vacuum pack	17.00
11836	Potatoes, microwaved, cooked, in skin, skin with salt	17.00
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	17.00
11850	Radishes, oriental, cooked, boiled, drained, with salt	17.00
11938	Mushroom, white, exposed to ultraviolet light, raw	17.00
11991	Yautia (tannier), raw	17.00
12203	Nuts, chestnuts, japanese, boiled and steamed	17.00
15009	Fish, carp, cooked, dry heat	17.00
15011	Fish, catfish, channel, cooked, breaded and fried	17.00
15026	Fish, eel, mixed species, cooked, dry heat	17.00
15063	Fish, pike, northern, cooked, dry heat	17.00
15069	Fish, pompano, florida, cooked, dry heat	17.00
15098	Fish, sheepshead, cooked, dry heat	17.00
15105	Fish, sturgeon, mixed species, cooked, dry heat	17.00
15113	Fish, tilefish, cooked, dry heat	17.00
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	17.00
15191	Fish, butterfish, cooked, dry heat	17.00
15195	Fish, drum, freshwater, cooked, dry heat	17.00
15204	Fish, pike, walleye, cooked, dry heat	17.00
15208	Fish, sablefish, cooked, dry heat	17.00
15213	Fish, scup, cooked, dry heat	17.00
15215	Fish, shad, american, cooked, dry heat	17.00
15217	Fish, sucker, white, cooked, dry heat	17.00
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	17.00
15223	Fish, whitefish, mixed species, cooked, dry heat	17.00
16216	Vitasoy USA, Vitasoy Organic Classic Original Soymilk	17.00
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	17.00
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	17.00
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	17.00
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	17.00
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	17.00
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	17.00
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	17.00

NDB_No	Description	Folate, food(µg) Value Per
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	17.00
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	17.00
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	17.00
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	17.00
18087	Cake, angelfood, dry mix	17.00
18105	Coffeecake, creme-filled with chocolate frosting	17.00
18217	Crackers, matzo, plain	17.00
18228	Crackers, saltines (includes oyster, soda, soup)	17.00
18251	Doughnuts, cake-type, chocolate, sugared or glazed	17.00
18256	Doughnuts, yeast-leavened, with jelly filling	17.00
18324	Pie, pecan, commercially prepared	17.00
18368	Wonton wrappers (includes egg roll wrappers)	17.00
18621	NABISCO, NABISCO RITZ Crackers	17.00
01018	Cheese, edam	16.00
01226	Egg substitute, liquid or frozen, fat free	16.00
03209	Babyfood, crackers, vegetable	16.00
05645	Ostrich, inside leg, cooked	16.00
05647	Ostrich, inside strip, cooked	16.00
05650	Ostrich, outside strip, cooked	16.00
05652	Ostrich, oyster, cooked	16.00
06124	Gravy, pork, dry, powder	16.00
06626	Sauce, pesto, ready-to-serve, refrigerated	16.00
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	16.00
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	16.00
07979	Sausage, pork, turkey, and beef, reduced sodium	16.00
08648	Cereals ready-to-eat, KASHI Simply Maize	16.00
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	16.00
09218	Tangerines, (mandarin oranges), raw	16.00
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	16.00
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	16.00
11162	Collards, cooked, boiled, drained, without salt	16.00
11241	Kohlrabi, raw	16.00
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	16.00
11335	Peppers, sweet, green, canned, solids and liquids	16.00
11350	Pokeberry shoots, (poke), raw	16.00
11370	Potatoes, hash brown, home-prepared	16.00

NDB_No	Description	Folate, food(µg) Value Per
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	16.00
11422	Pumpkin, raw	16.00
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	16.00
11489	Squash, winter, hubbard, raw	16.00
11490	Squash, winter, hubbard, baked, without salt	16.00
11588	Waterchestnuts, chinese, (matai), raw	16.00
11602	Yam, cooked, boiled, drained, or baked, without salt	16.00
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	16.00
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	16.00
11768	Collards, cooked, boiled, drained, with salt	16.00
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	16.00
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	16.00
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	16.00
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	16.00
11868	Squash, winter, hubbard, baked, with salt	16.00
11897	Yam, cooked, boiled, drained, or baked, with salt	16.00
11916	Peppers, sweet, red, canned, solids and liquids	16.00
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	16.00
12143	Nuts, pecans, dry roasted, without salt added	16.00
12643	Nuts, pecans, dry roasted, with salt added	16.00
15053	Fish, milkfish, raw	16.00
15163	Mollusks, cuttlefish, mixed species, raw	16.00
15166	Mollusks, octopus, common, raw	16.00
15172	Mollusks, scallop, mixed species, raw	16.00
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	16.00
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	16.00
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	16.00
17103	Veal, leg (top round), separable lean only, cooked, roasted	16.00
17109	Veal, loin, separable lean only, cooked, roasted	16.00
17111	Veal, rib, separable lean and fat, cooked, braised	16.00
17114	Veal, rib, separable lean only, cooked, braised	16.00
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	16.00
17125	Veal, shoulder, arm, separable lean only, raw	16.00
17138	Veal, sirloin, separable lean only, cooked, braised	16.00
17139	Veal, sirloin, separable lean only, cooked, roasted	16.00
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	16.00

NDB_No	Description	Folate, food(µg) Value Per
17148	Bison, ground, grass-fed, cooked	16.00
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	16.00
18006	Bagels, cinnamon-raisin, toasted	16.00
18225	Crackers, rye, sandwich-type with cheese filling	16.00
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	16.00
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	16.00
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	16.00
18433	Danish pastry, lemon, unenriched	16.00
18435	Danish pastry, raspberry, unenriched	16.00
18927	Crackers, cheese, sandwich-type with cheese filling	16.00
18951	Waffles, chocolate chip, frozen, ready-to-heat	16.00
18969	Cream puff, eclair, custard or cream filled, iced	16.00
19007	Snacks, corn-based, extruded, onion-flavor	16.00
19038	Snacks, popcorn, caramel-coated, with peanuts	16.00
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	16.00
19270	Ice creams, chocolate	16.00
19404	Snacks, granola bars, soft, uncoated, chocolate chip	16.00
19433	Tortilla chips, low fat, baked without fat	16.00
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	16.00
19833	Snacks, tortilla chips, low fat, unsalted	16.00
19899	Ice creams, regular, low carbohydrate, chocolate	16.00
20006	Barley, pearled, cooked	16.00
20090	Rice flour, brown	16.00
21022	Fast foods, english muffin, with egg, cheese, and sausage	16.00
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	16.00
21486	Fast foods, taco with beef, cheese and lettuce, soft	16.00
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	16.00
25040	Snacks, vegetable chips, made from garden vegetables	16.00
25060	Snack, Pretzel, hard chocolate coated	16.00
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	16.00
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	16.00
36619	Restaurant, Chinese, kung pao chicken	16.00
42278	Babyfood, vegetable and brown rice, strained	16.00
42279	Babyfood, peas and brown rice	16.00
43241	Cereals ready-to-eat, FAMILIA	16.00
43566	Snacks, tortilla chips, light (baked with less oil)	16.00

NDB_No	Description	Folate, food(µg) Value Per
19858	Candies, sugar-coated almonds	15.00
20029	Couscous, cooked	15.00
21059	Fast foods, shrimp, breaded and fried	15.00
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	15.00
21105	Fast foods, fish sandwich, with tartar sauce	15.00
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	15.00
21263	TACO BELL, Soft Taco with steak	15.00
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	15.00
21487	Fast foods, taco with chicken, lettuce and cheese, soft	15.00
21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	15.00
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	15.00
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	15.00
28352	Cookies, vanilla sandwich with creme filling, reduced fat	15.00
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	15.00
35147	Tamales (Navajo)	15.00
36014	Restaurant, family style, french fries	15.00
36016	Restaurant, family style, shrimp, breaded and fried	15.00
36610	DENNY'S, french fries	15.00
42285	Babyfood, cereal, brown rice, dry, instant	15.00
80200	Frog legs, raw	15.00
83110	Fish, mackerel, salted	15.00
93600	Turtle, green, raw	15.00
03099	Babyfood, vegetables, carrots, strained	15.00
05656	Ostrich, tip trimmed, cooked	15.00
05658	Ostrich, top loin, cooked	15.00
06176	Sauce, oyster, ready-to-serve	15.00
06958	Gravy, instant beef, dry	15.00
07973	Turkey bacon, microwaved	15.00
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	15.00
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	15.00
08546	Rice and Wheat cereal bar	15.00
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	15.00
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	15.00
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	15.00
08610	Cereals ready-to-eat, KASHI Honey Sunshine	15.00
09320	Strawberries, frozen, sweetened, sliced	15.00

NDB_No	Description	Folate, food(µg) Value Per
09421	Dates, medjool	15.00
09446	Plantains, green, fried	15.00
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	15.00
11060	Beans, snap, green, frozen, all styles, unprepared	15.00
11086	Beet greens, raw	15.00
11276	New Zealand spinach, raw	15.00
11283	Onions, cooked, boiled, drained, without salt	15.00
11352	Potatoes, flesh and skin, raw	15.00
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	15.00
11436	Rutabagas, cooked, boiled, drained, without salt	15.00
11438	Salsify, cooked, boiled, drained, without salt	15.00
11529	Tomatoes, red, ripe, raw, year round average	15.00
11563	Tree fern, cooked, without salt	15.00
11564	Turnips, raw	15.00
11730	Beans, snap, yellow, frozen, all styles, unprepared	15.00
11805	Onions, cooked, boiled, drained, with salt	15.00
11851	Rutabagas, cooked, boiled, drained, with salt	15.00
11852	Salsify, cooked, boiled, drained, with salt	15.00
11928	Tree fern, cooked, with salt	15.00
12144	Nuts, pecans, oil roasted, without salt added	15.00
12644	Nuts, pecans, oil roasted, with salt added	15.00
15003	Fish, bass, fresh water, mixed species, raw	15.00
15007	Fish, butterfish, raw	15.00
15008	Fish, carp, raw	15.00
15013	Fish, cisco, raw	15.00
15020	Fish, croaker, Atlantic, raw	15.00
15024	Fish, drum, freshwater, raw	15.00
15025	Fish, eel, mixed species, raw	15.00
15035	Fish, haddock, smoked	15.00
15062	Fish, pike, northern, raw	15.00
15064	Fish, pike, walleye, raw	15.00
15068	Fish, pompano, florida, raw	15.00
15074	Fish, sablefish, raw	15.00
15084	Fish, salmon, pink, canned, total can contents	15.00
15090	Fish, scup, raw	15.00
15094	Fish, shad, american, raw	15.00

NDB_No	Description	Folate, food(µg) Value Per
15097	Fish, sheepshead, raw	15.00
15104	Fish, sturgeon, mixed species, raw	15.00
15107	Fish, sucker, white, raw	15.00
15108	Fish, sunfish, pumpkin seed, raw	15.00
15112	Fish, tilefish, raw	15.00
15130	Fish, whitefish, mixed species, raw	15.00
15133	Fish, whiting, mixed species, cooked, dry heat	15.00
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	15.00
15219	Fish, trout, mixed species, cooked, dry heat	15.00
15231	Mollusks, oyster, Pacific, cooked, moist heat	15.00
16011	Beans, baked, canned, with pork and tomato sauce	15.00
16427	Tofu, raw, regular, prepared with calcium sulfate	15.00
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	15.00
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	15.00
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	15.00
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	15.00
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	15.00
17106	Veal, loin, separable lean and fat, cooked, roasted	15.00
17108	Veal, loin, separable lean only, cooked, braised	15.00
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	15.00
17122	Veal, shoulder, arm, separable lean and fat, raw	15.00
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	15.00
17132	Veal, shoulder, blade, separable lean only, cooked, braised	15.00
17135	Veal, sirloin, separable lean and fat, cooked, braised	15.00
17136	Veal, sirloin, separable lean and fat, cooked, roasted	15.00
17152	Game meat, beefalo, composite of cuts, raw	15.00
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	15.00
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	15.00
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	15.00
17276	Veal, shank (fore and hind), separable lean and fat, raw	15.00
17278	Veal, shank (fore and hind), separable lean only, raw	15.00
17331	Game meat, bison, ground, cooked, pan-broiled	15.00
18107	Coffeecake, cinnamon with crumb topping, dry mix	15.00
18147	Cheesecake commercially prepared	15.00
18154	Cookies, brownies, prepared from recipe	15.00
18190	Cookies, peanut butter sandwich, regular	15.00

NDB_No	Description	Folate, food(µg) Value Per
18347	Rolls, dinner, wheat	15.00
18353	Rolls, hard (includes kaiser)	15.00
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	15.00
18367	Waffles, plain, prepared from recipe	15.00
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	15.00
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	15.00
19182	Desserts, mousse, chocolate, prepared-from-recipe	15.00
01031	Cheese, neufchatel	14.00
03934	Babyfood, corn and sweet potatoes, strained	14.00
03997	Babyfood, Baby MUM MUM Rice Biscuits	14.00
04367	Salad dressing, french dressing, fat-free	14.00
05642	Ostrich, ground, cooked, pan-broiled	14.00
06030	Soup, clam chowder, new england, canned, condensed	14.00
06118	Gravy, brown, dry	14.00
06122	Gravy, mushroom, dry, powder	14.00
06123	Gravy, onion, dry, mix	14.00
06127	Gravy, unspecified type, dry	14.00
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	14.00
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	14.00
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	14.00
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	14.00
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	14.00
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	14.00
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	14.00
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	14.00
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	14.00
09001	Acerola, (west indian cherry), raw	14.00
09002	Acerola juice, raw	14.00
09041	Bananas, dehydrated, or banana powder	14.00
09059	Breadfruit, raw	14.00
09164	Litchis, raw	14.00
09174	Loquats, raw	14.00
09175	Mammy-apple, (mamey), raw	14.00
09217	Orange-grapefruit juice, canned or bottled, unsweetened	14.00
09231	Passion-fruit, (granadilla), purple, raw	14.00
09313	Sapodilla, raw	14.00

NDB_No	Description	Folate, food(µg) Value Per
09315	Soursop, raw	14.00
09321	Sugar-apples, (sweetsop), raw	14.00
09322	Tamarinds, raw	14.00
09420	Jackfruit, canned, syrup pack	14.00
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	14.00
11005	Arrowhead, raw	14.00
11087	Beet greens, cooked, boiled, drained, without salt	14.00
11125	Carrots, cooked, boiled, drained, without salt	14.00
11147	Chard, swiss, raw	14.00
11190	Cornsalad, raw	14.00
11206	Cucumber, peeled, raw	14.00
11210	Eggplant, cooked, boiled, drained, without salt	14.00
11236	Kale, frozen, cooked, boiled, drained, without salt	14.00
11245	Lambsquarters, cooked, boiled, drained, without salt	14.00
11258	Mountain yam, hawaii, raw	14.00
11267	Mushrooms, shiitake, stir-fried	14.00
11337	Peppers, sweet, green, frozen, chopped, unprepared	14.00
11353	Potatoes, russet, flesh and skin, raw	14.00
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	14.00
11632	Peppers, jalapeno, canned, solids and liquids	14.00
11637	Radishes, white icicle, raw	14.00
11649	Tomato products, canned, sauce, spanish style	14.00
11736	Beet greens, cooked, boiled, drained, with salt	14.00
11783	Eggplant, cooked, boiled, drained, with salt	14.00
11791	Kale, frozen, cooked, boiled, drained, with salt	14.00
11794	Lambsquarters, cooked, boiled, drained, with salt	14.00
11917	Peppers, sweet, red, frozen, chopped, unprepared	14.00
12116	Nuts, coconut cream, canned, sweetened	14.00
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	14.00
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	14.00
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	14.00
14196	Beverages, Cocoa mix, no sugar added, powder	14.00
14305	Malt beverage, includes non-alcoholic beer	14.00
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	14.00
15042	Fish, herring, Atlantic, kippered	14.00
15168	Mollusks, oyster, eastern, cooked, breaded and fried	14.00

NDB_No	Description	Folate, food(µg) Value Per
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	14.00
15239	Fish, salmon, coho, farmed, cooked, dry heat	14.00
16123	Soy sauce made from soy and wheat (shoyu)	14.00
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	14.00
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	14.00
17094	Veal, leg (top round), separable lean and fat, raw	14.00
17099	Veal, leg (top round), separable lean only, raw	14.00
17105	Veal, loin, separable lean and fat, cooked, braised	14.00
17115	Veal, rib, separable lean only, cooked, roasted	14.00
17137	Veal, sirloin, separable lean only, raw	14.00
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	14.00
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	14.00
18092	Cake, pudding-type, carrot, dry mix	14.00
18114	Cake, gingerbread, dry mix	14.00
18128	Cake, snack cakes, creme-filled, sponge	14.00
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.00
18254	Doughnuts, yeast-leavened, with creme filling	14.00
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	14.00
18297	Pancakes, special dietary, dry mix	14.00
18325	Pie, pecan, prepared from recipe	14.00
18427	Crackers, standard snack-type, regular, low salt	14.00
18932	Waffles, buttermilk, frozen, ready-to-heat	14.00
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	14.00
19125	Chocolate-flavored hazelnut spread	14.00
19274	Snacks, fruit leather, pieces, with vitamin C	14.00
19400	Snacks, banana chips	14.00
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	14.00
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	14.00
20010	Buckwheat groats, roasted, cooked	14.00
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	14.00
20116	Noodles, japanese, somen, dry	14.00
21064	Fast foods, burrito, with beans, cheese, and beef	14.00
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	14.00
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	14.00
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	14.00
21252	BURGER KING, WHOPPER, no cheese	14.00

NDB_No	Description	Folate, food(µg) Value Per
21269	TACO BELL, Nachos Supreme	14.00
21499	KASHI Pizza, Roasted Vegetable, frozen, unprepared	14.00
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	14.00
22905	Beef stew, canned entree	14.00
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	14.00
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	14.00
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	14.00
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	14.00
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	14.00
32032	Sausage, egg and cheese breakfast biscuit	14.00
35205	Stinging Nettles, blanched (Northern Plains Indians)	14.00
36026	CRACKER BARREL, onion rings, thick-cut	14.00
36036	Restaurant, family style, onion rings	14.00
43016	Salad dressing, coleslaw	14.00
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	13.00
20141	Spelt, cooked	13.00
21380	McDONALD'S, Fruit 'n Yogurt Parfait	13.00
21401	Fast foods, chicken tenders	13.00
21463	Yogurt parfait, lowfat, with fruit and granola	13.00
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	13.00
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	13.00
22971	Potato salad with egg	13.00
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	13.00
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	13.00
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	13.00
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	13.00
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	13.00
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	13.00
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	13.00
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	13.00
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	13.00
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	13.00
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	13.00
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	13.00
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	13.00
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	13.00

NDB_No	Description	Folate, food(µg) Value Per
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	13.00
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	13.00
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	13.00
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	13.00
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	13.00
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	13.00
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	13.00
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	13.00
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	13.00
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	13.00
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	13.00
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	13.00
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	13.00
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	13.00
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	13.00
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	13.00
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	13.00
28300	Cookies, oatmeal sandwich, with creme filling	13.00
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	13.00
31034	Peppers, hot pickled, canned	13.00
32008	Pasta mix, classic cheeseburger macaroni, unprepared	13.00
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	13.00
32031	Salisbury steak with gravy, frozen	13.00
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	13.00
43595	Breakfast bar, corn flake crust with fruit	13.00
01037	Cheese, ricotta, part skim milk	13.00
01251	Cheese, Mexican blend	13.00
02021	Spices, ginger, ground	13.00
03178	Babyfood, juice, prune and orange	13.00
05139	Duck, domesticated, meat and skin, raw	13.00
05174	Turkey, gizzard, all classes, cooked, simmered	13.00
05621	Emu, ground, raw	13.00
05623	Emu, fan fillet, raw	13.00
05626	Emu, full rump, raw	13.00
05631	Emu, oyster, raw	13.00
06024	Soup, chicken and vegetable, canned, ready-to-serve	13.00

NDB_No	Description	Folate, food(µg) Value Per
06039	Soup, minestrone, canned, chunky, ready-to-serve	13.00
06040	Soup, minestrone, canned, condensed	13.00
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	13.00
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	13.00
07201	OSCAR MAYER, Bologna (beef)	13.00
07960	Bologna, chicken, pork	13.00
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	13.00
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	13.00
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	13.00
09112	Grapefruit, raw, pink and red, all areas	13.00
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	13.00
09156	Lemon peel, raw	13.00
11208	Dandelion greens, cooked, boiled, drained, without salt	13.00
11226	Jerusalem-artichokes, raw	13.00
11234	Kale, cooked, boiled, drained, without salt	13.00
11238	Mushrooms, shiitake, raw	13.00
11254	Lotus root, raw	13.00
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	13.00
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	13.00
11400	Potatoes, frozen, whole, unprepared	13.00
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	13.00
11530	Tomatoes, red, ripe, cooked	13.00
11613	Borage, raw	13.00
11616	Dock, raw	13.00
11623	Kale, scotch, cooked, boiled, drained, without salt	13.00
11693	Tomatoes, crushed, canned	13.00
11782	Dandelion greens, cooked, boiled, drained, with salt	13.00
11790	Kale, cooked, boiled, drained, with salt	13.00
11792	Kale, scotch, cooked, boiled, drained, with salt	13.00
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	13.00
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	13.00
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	13.00
11884	Tomatoes, red, ripe, cooked, with salt	13.00
13000	Beef, grass-fed, strip steaks, lean only, raw	13.00
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	13.00
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	13.00

NDB_No	Description	Folate, food(µg) Value Per
15002	Fish, anchovy, european, canned in oil, drained solids	13.00
15034	Fish, haddock, cooked, dry heat	13.00
15114	Fish, trout, mixed species, raw	13.00
15132	Fish, whiting, mixed species, raw	13.00
15238	Fish, salmon, coho, farmed, raw	13.00
15247	Fish, salmon, coho, wild, cooked, dry heat	13.00
16125	Soy sauce made from hydrolyzed vegetable protein	13.00
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	13.00
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	13.00
17112	Veal, rib, separable lean and fat, cooked, roasted	13.00
17113	Veal, rib, separable lean only, raw	13.00
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	13.00
17134	Veal, sirloin, separable lean and fat, raw	13.00
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	13.00
17210	Lamb, variety meats and by-products, pancreas, raw	13.00
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	13.00
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	13.00
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	13.00
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	13.00
18127	Cake, snack cakes, creme-filled, chocolate with frosting	13.00
18133	Cake, sponge, commercially prepared	13.00
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	13.00
18240	Croissants, apple	13.00
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	13.00
18337	Puff pastry, frozen, ready-to-bake	13.00
18378	Cookies, chocolate chip, prepared from recipe, made with butter	13.00
18390	Pancakes, buttermilk, prepared from recipe	13.00
18457	Crackers, saltines, fat-free, low-sodium	13.00
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	13.00
19017	Snacks, granola bars, hard, chocolate chip	13.00
19057	Snacks, tortilla chips, nacho cheese	13.00
19080	Candies, semisweet chocolate	13.00
19132	Candies, milk chocolate, with almonds	13.00
01012	Cheese, cottage, creamed, large or small curd	12.00
01016	Cheese, cottage, lowfat, 1% milkfat	12.00
01030	Cheese, muenster	12.00

NDB_No	Description	Folate, food(µg) Value Per
01036	Cheese, ricotta, whole milk	12.00
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.00
01115	Whey, sweet, dried	12.00
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	12.00
01159	Cheese, goat, soft type	12.00
01187	Yogurt, chocolate, nonfat milk	12.00
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	12.00
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	12.00
01287	Yogurt, Greek, plain, lowfat	12.00
03173	Babyfood, juice, orange and apple	12.00
03212	Babyfood, cereal, rice, with bananas, dry	12.00
04635	Salad dressing, thousand island dressing, fat-free	12.00
04636	Salad dressing, italian dressing, fat-free	12.00
05149	Goose, domesticated, meat only, cooked, roasted	12.00
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	12.00
05326	Chicken breast tenders, breaded, cooked, microwaved	12.00
05327	Chicken breast tenders, breaded, uncooked	12.00
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	12.00
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	12.00
05625	Emu, flat fillet, raw	12.00
05628	Emu, inside drum, raw	12.00
06007	Soup, bean with ham, canned, chunky, ready-to-serve	12.00
06045	Soup, onion, canned, condensed	12.00
06121	Gravy, mushroom, canned	12.00
06158	Soup, tomato bisque, canned, condensed	12.00
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	12.00
06217	Soup, vegetable, canned, low sodium, condensed	12.00
06404	Soup, bean with pork, canned, prepared with equal volume water	12.00
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	12.00
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	12.00
06962	Sauce, chili, peppers, hot, immature green, canned	12.00
07940	Macaroni and cheese loaf, chicken, pork and beef	12.00
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	12.00
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	12.00
09060	Carambola, (starfruit), raw	12.00
09113	Grapefruit, raw, pink and red, California and Arizona	12.00

NDB_No	Description	Folate, food(µg) Value Per
09117	Grapefruit, raw, white, California	12.00
09163	Blueberries, dried, sweetened	12.00
09165	Litchis, dried	12.00
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	12.00
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	12.00
11062	Beans, snap, green, frozen, all styles, microwaved	12.00
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	12.00
11242	Kohlrabi, cooked, boiled, drained, without salt	12.00
11259	Mountain yam, hawaii, cooked, steamed, without salt	12.00
11264	Mushrooms, canned, drained solids	12.00
11270	Mustard greens, raw	12.00
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	12.00
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	12.00
11424	Pumpkin, canned, without salt	12.00
11427	Purslane, raw	12.00
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	12.00
11492	Squash, winter, spaghetti, raw	12.00
11546	Tomato products, canned, paste, without salt added	12.00
11603	Yambean (jicama), raw	12.00
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	12.00
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	12.00
11793	Kohlrabi, cooked, boiled, drained, with salt	12.00
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	12.00
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	12.00
11846	Pumpkin, canned, with salt	12.00
11927	Mountain yam, hawaii, cooked, steamed, with salt	12.00
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	12.00
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	12.00
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	12.00
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	12.00
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	12.00
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	12.00
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	12.00
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	12.00
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	12.00
14017	Alcoholic beverage, pina colada, prepared-from-recipe	12.00

NDB_No	Description	Folate, food(µg) Value Per
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	12.00
15033	Fish, haddock, raw	12.00
15036	Fish, halibut, Atlantic and Pacific, raw	12.00
15040	Fish, herring, Atlantic, cooked, dry heat	12.00
15115	Fish, trout, rainbow, wild, raw	12.00
15235	Fish, catfish, channel, farmed, cooked, dry heat	12.00
15241	Fish, trout, rainbow, farmed, cooked, dry heat	12.00
16006	Beans, baked, canned, plain or vegetarian	12.00
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	12.00
16579	GARDENBURGER Original, frozen, unprepared	12.00
17110	Veal, rib, separable lean and fat, raw	12.00
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	12.00
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	12.00
17149	Bison, ground, grass-fed, raw	12.00
17205	Lamb, variety meats and by-products, lungs, raw	12.00
18009	Biscuits, plain or buttermilk, frozen, baked	12.00
18016	Biscuits, plain or buttermilk, prepared from recipe	12.00
18017	Biscuits, mixed grain, refrigerated dough	12.00
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	12.00
18151	Cookies, brownies, commercially prepared	12.00
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	12.00
18168	Cookies, chocolate sandwich, with extra creme filling	12.00
18174	Cookies, graham crackers, chocolate-coated	12.00
18187	Cookies, peanut butter, refrigerated dough	12.00
18250	Doughnuts, cake-type, plain, sugared or glazed	12.00
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	12.00
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	12.00
18281	Muffins, corn, toaster-type	12.00
18293	Pancakes, plain, prepared from recipe	12.00
18294	Pancakes, blueberry, prepared from recipe	12.00
18333	Pie crust, standard-type, dry mix, prepared, baked	12.00
18377	Cookies, oatmeal, prepared from recipe, without raisins	12.00
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	12.00
18940	Muffin, blueberry, commercially prepared, low-fat	12.00
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	12.00
19016	Snacks, granola bars, hard, almond	12.00

NDB_No	Description	Folate, food(µg) Value Per
19056	Snacks, tortilla chips, plain, white corn, salted	12.00
19104	Candies, fudge, vanilla with nuts	12.00
19111	Candies, NESTLE, BABY RUTH Bar	12.00
19271	Ice creams, strawberry	12.00
19352	Syrups, malt	12.00
20127	Spaghetti, spinach, cooked	12.00
21026	Fast foods, potatoes, hash browns, round pieces or patty	12.00
21034	Fast foods, sundae, strawberry	12.00
21106	Fast foods, fish sandwich, with tartar sauce and cheese	12.00
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	12.00
21115	Fast foods, hamburger, large, triple patty, with condiments	12.00
21259	BURGER KING, Original Chicken Sandwich	12.00
21265	TACO BELL, BURRITO SUPREME with beef	12.00
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	12.00
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	12.00
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	12.00
22906	Chicken pot pie, frozen entree, prepared	12.00
22956	Lasagna, Vegetable, frozen, baked	12.00
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	12.00
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	12.00
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	12.00
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	12.00
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	12.00
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	12.00
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	12.00
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	12.00
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	12.00
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	12.00
28041	KASHI, TLC, Oatmeal Raisin Flax Cookies	12.00
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	12.00
32025	Dumpling, potato- or cheese-filled, frozen	12.00
32028	Turnover, filled with egg, meat and cheese, frozen	12.00
36012	Restaurant, family style, fried mozzarella sticks	12.00
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	12.00
42186	Frozen yogurts, chocolate	12.00
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	12.00

NDB_No	Description	Folate, food(µg) Value Per
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	12.00
42303	Cheese, muenster, low fat	12.00
43276	Cheese spread, cream cheese base	12.00
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	12.00
19393	Frozen yogurts, chocolate, soft-serve	11.00
19866	Candies, soft fruit and nut squares	11.00
20139	Wheat, KAMUT khorasan, cooked	11.00
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	11.00
21009	Fast foods, biscuit, with sausage	11.00
21334	McDONALD'S, Strawberry Sundae	11.00
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	11.00
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	11.00
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	11.00
21488	Fast foods, quesadilla, with chicken	11.00
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	11.00
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	11.00
22899	Ravioli, cheese-filled, canned	11.00
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	11.00
22962	LEAN POCKETS, Ham N Cheddar	11.00
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	11.00
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	11.00
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	11.00
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	11.00
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	11.00
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	11.00
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	11.00
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	11.00
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	11.00
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	11.00
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	11.00
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	11.00
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	11.00
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	11.00
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	11.00
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	11.00
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	11.00

NDB_No	Description	Folate, food(µg) Value Per
27062	Soup, beef barley, ready to serve	11.00
32012	Pizza rolls, frozen, unprepared	11.00
35015	Blackberries, wild, raw (Alaska Native)	11.00
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	11.00
36034	Restaurant, family style, chicken tenders	11.00
36403	Restaurant, Latino, empanadas, beef, prepared	11.00
43450	Frozen novelties, juice type, juice with cream	11.00
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	11.00
01013	Cheese, cottage, creamed, with fruit	11.00
01055	Cream, sour, reduced fat, cultured	11.00
01095	Milk, canned, condensed, sweetened	11.00
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	11.00
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	11.00
01161	Cheese substitute, mozzarella	11.00
01168	Cheese, low fat, cheddar or colby	11.00
01178	Sour cream, reduced fat	11.00
01179	Sour cream, light	11.00
01180	Sour cream, fat free	11.00
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	11.00
01225	Dulce de Leche	11.00
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	11.00
01265	Cheese, cheddar, nonfat or fat free	11.00
01286	Yogurt, Greek, vanilla, nonfat	11.00
01295	Yogurt, vanilla, non-fat	11.00
03013	Babyfood, meat, chicken, junior	11.00
03014	Babyfood, meat, chicken sticks, junior	11.00
03017	Babyfood, meat, turkey sticks, junior	11.00
03055	Babyfood, dinner, beef with vegetables	11.00
03279	Babyfood, dinner, mixed vegetable, junior	11.00
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	11.00
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	11.00
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	11.00
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	11.00
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	11.00
06063	Soup, tomato rice, canned, condensed	11.00
06498	Soup, tomato, dry, mix, prepared with water	11.00

NDB_No	Description	Folate, food(µg) Value Per
06961	Sauce, peppers, hot, chili, mature red, canned	11.00
07021	Dutch brand loaf, chicken, pork and beef	11.00
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	11.00
08510	Milk and cereal bar	11.00
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	11.00
08608	Cereals ready-to-eat, KASHI Berry Blossom	11.00
09044	Cherries, tart, dried, sweetened	11.00
09127	Grapefruit juice, pink or red, with added calcium	11.00
09150	Lemons, raw, without peel	11.00
09272	Pineapple, frozen, chunks, sweetened	11.00
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	11.00
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	11.00
09429	Pineapple, raw, traditional varieties	11.00
09524	Lemon juice from concentrate, bottled, REAL LEMON	11.00
11131	Carrots, frozen, cooked, boiled, drained, without salt	11.00
11216	Ginger root, raw	11.00
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	11.00
11507	Sweet potato, raw, unprepared	11.00
11514	Sweet potato, canned, mashed	11.00
11547	Tomato products, canned, puree, without salt added	11.00
11660	Tomatoes, red, ripe, cooked, stewed	11.00
11760	Carrots, frozen, cooked, boiled, drained, with salt	11.00
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	11.00
11888	Tomato products, canned, puree, with salt added	11.00
12131	Nuts, macadamia nuts, raw	11.00
13328	Beef, variety meats and by-products, lungs, raw	11.00
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	11.00
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	11.00
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	11.00
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	11.00
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	11.00
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	11.00
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	11.00
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	11.00
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	11.00
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	11.00

NDB_No	Description	Folate, food(µg) Value Per
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	11.00
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	11.00
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	11.00
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	11.00
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	11.00
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	11.00
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	11.00
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	11.00
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	11.00
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	11.00
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	11.00
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	11.00
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	11.00
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	11.00
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	11.00
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	11.00
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	11.00
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	11.00
14019	Alcoholic beverage, tequila sunrise, canned	11.00
14542	Lemonade, frozen concentrate, pink	11.00
15148	Crustaceans, lobster, northern, cooked, moist heat	11.00
15178	Mollusks, whelk, unspecified, cooked, moist heat	11.00
15240	Fish, trout, rainbow, farmed, raw	11.00
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	11.00
16103	Refried beans, canned, traditional style (includes USDA commodity)	11.00
16166	Soymilk, chocolate, unfortified	11.00
16168	Soymilk, chocolate, with added calcium, vitamins A and D	11.00
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	11.00
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	11.00
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	11.00
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	11.00
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	11.00
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	11.00
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	11.00
17143	Veal, ground, cooked, broiled	11.00
17151	Game meat, beaver, cooked, roasted	11.00

NDB_No	Description	Folate, food(µg) Value Per
17175	Game meat, muskrat, cooked, roasted	11.00
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	11.00
17182	Game meat, raccoon, cooked, roasted	11.00
17207	Veal, variety meats and by-products, lungs, raw	11.00
17330	Game meat , bison, ground, raw	11.00
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	11.00
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	11.00
18019	Bread, banana, prepared from recipe, made with margarine	11.00
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	11.00
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	11.00
18144	Cake, yellow, enriched, dry mix	11.00
18180	Cookies, oatmeal, dry mix	11.00
18184	Cookies, oatmeal, prepared from recipe, with raisins	11.00
18208	Cookies, sugar, prepared from recipe, made with margarine	11.00
18277	Muffins, blueberry, toaster-type	11.00
18280	Muffins, corn, dry mix, prepared	11.00
18292	Pancakes, plain, dry mix, incomplete, prepared	11.00
18304	Pie, banana cream, prepared from recipe	11.00
18327	Pie, pumpkin, prepared from recipe	11.00
18328	Pie, vanilla cream, prepared from recipe	11.00
18336	Pie crust, standard-type, prepared from recipe, baked	11.00
18365	Waffles, plain, frozen, ready-to-heat	11.00
18403	Waffles, plain, frozen, ready -to-heat, toasted	11.00
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	11.00
18935	Waffle, plain, frozen, ready-to-heat, microwave	11.00
18946	Pie crust, refrigerated, regular, baked	11.00
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	11.00
19040	Snacks, popcorn, cheese-flavor	11.00
19120	Candies, milk chocolate	11.00
19134	Candies, milk chocolate, with rice cereal	11.00
19297	Jams and preserves	11.00
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	11.00
01023	Cheese, gruyere	10.00
01035	Cheese, provolone	10.00
01040	Cheese, swiss	10.00
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	10.00

NDB_No	Description	Folate, food(µg) Value Per
01172	Egg, white, raw, frozen, pasteurized	10.00
01203	Yogurt, fruit, lowfat, with low calorie sweetener	10.00
01204	Cheese, parmesan, dry grated, reduced fat	10.00
01208	Cheese, provolone, reduced fat	10.00
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	10.00
01267	Cheese, mexican, queso cotija	10.00
02002	Spices, anise seed	10.00
02005	Spices, caraway seed	10.00
02007	Spices, celery seed	10.00
02014	Spices, cumin seed	10.00
02016	Spices, dill seed	10.00
02032	Spices, pepper, white	10.00
03084	Babyfood, dinner, vegetables and turkey, strained	10.00
03096	Babyfood, vegetable, green beans and potatoes	10.00
03108	Babyfood, vegetables, sweet potatoes strained	10.00
03109	Babyfood, vegetables, sweet potatoes, junior	10.00
03174	Babyfood, juice, orange and apple and banana	10.00
03214	Babyfood, cookies, arrowroot	10.00
03689	Babyfood, cereal, oatmeal, prepared with whole milk	10.00
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	10.00
05043	Chicken, broilers or fryers, dark meat, meat only, raw	10.00
05131	Chicken, stewing, dark meat, meat only, raw	10.00
05142	Duck, domesticated, meat only, cooked, roasted	10.00
05156	Pheasant, leg, meat only, raw	10.00
05186	Turkey, all classes, light meat, cooked, roasted	10.00
05193	Turkey, all classes, leg, meat and skin, raw	10.00
05228	Turkey, wing, from whole bird, meat only, roasted	10.00
05312	Chicken, wing, frozen, glazed, barbecue flavored	10.00
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	10.00
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	10.00
05627	Emu, full rump, cooked, broiled	10.00
05629	Emu, inside drums, cooked, broiled	10.00
05713	Turkey, retail parts, wing, meat only, cooked, roasted	10.00
05739	Turkey, drumstick, from whole bird, meat only, roasted	10.00
06152	Sauce, pizza, canned, ready-to-serve	10.00
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	10.00

NDB_No	Description	Folate, food(µg) Value Per
07022	Frankfurter, beef, unheated	10.00
07070	Salami, cooked, turkey	10.00
07254	Turkey bacon, unprepared	10.00
07945	Frankfurter, beef, heated	10.00
07957	Pork and turkey sausage, pre-cooked	10.00
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	10.00
09032	Apricots, dried, sulfured, uncooked	10.00
09043	Blackberry juice, canned	10.00
09085	Currants, zante, dried	10.00
09111	Grapefruit, raw, pink and red and white, all areas	10.00
09116	Grapefruit, raw, white, all areas	10.00
09123	Grapefruit juice, white, canned or bottled, unsweetened	10.00
09124	Grapefruit juice, white, canned, sweetened	10.00
09128	Grapefruit juice, white, raw	10.00
09154	Lemon juice, frozen, unsweetened, single strength	10.00
09160	Lime juice, raw	10.00
09404	Grapefruit juice, pink, raw	10.00
09452	Orange Pineapple Juice Blend	10.00
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	10.00
10102	Pork, fresh, variety meats and by-products, feet, raw	10.00
11106	Butterbur, (fuki), raw	10.00
11130	Carrots, frozen, unprepared	10.00
11285	Onions, canned, solids and liquids	10.00
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	10.00
11333	Peppers, sweet, green, raw	10.00
11365	Potatoes, boiled, cooked in skin, flesh, without salt	10.00
11366	Potatoes, boiled, cooked in skin, skin, without salt	10.00
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	10.00
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	10.00
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	10.00
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	10.00
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	10.00
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	10.00
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	10.00
11831	Potatoes, boiled, cooked in skin, flesh, with salt	10.00
11832	Potatoes, boiled, cooked in skin, skin, with salt	10.00

NDB_No	Description	Folate, food(µg) Value Per
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	10.00
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	10.00
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	10.00
12132	Nuts, macadamia nuts, dry roasted, without salt added	10.00
12632	Nuts, macadamia nuts, dry roasted, with salt added	10.00
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	10.00
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	10.00
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	10.00
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	10.00
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	10.00
13350	Beef, cured, dried	10.00
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	10.00
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	10.00
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	10.00
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	10.00
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	10.00
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	10.00
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	10.00
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	10.00
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	10.00
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	10.00
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	10.00
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	10.00
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	10.00
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	10.00
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	10.00
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	10.00
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	10.00
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	10.00
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	10.00
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	10.00
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	10.00
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	10.00
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	10.00
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	10.00
14064	Beverages, Orange juice, light, No pulp	10.00

NDB_No	Description	Folate, food(µg) Value Per
15010	Fish, catfish, channel, wild, raw	10.00
15032	Fish, grouper, mixed species, cooked, dry heat	10.00
15039	Fish, herring, Atlantic, raw	10.00
15056	Fish, mullet, striped, cooked, dry heat	10.00
15058	Fish, ocean perch, Atlantic, cooked, dry heat	10.00
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	10.00
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	10.00
15147	Crustaceans, lobster, northern, raw	10.00
15171	Mollusks, oyster, Pacific, raw	10.00
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	10.00
15188	Fish, bass, striped, cooked, dry heat	10.00
15199	Fish, lingcod, cooked, dry heat	10.00
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	10.00
15233	Fish, catfish, channel, wild, cooked, dry heat	10.00
15234	Fish, catfish, channel, farmed, raw	10.00
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	10.00
16136	Winged beans, mature seeds, cooked, boiled, without salt	10.00
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	10.00
16235	SILK Plain, soymilk	10.00
16236	SILK Vanilla, soymilk	10.00
16237	SILK Chocolate, soymilk	10.00
16238	SILK Light Plain, soymilk	10.00
16239	SILK Light Vanilla, soymilk	10.00
16240	SILK Light Chocolate, soymilk	10.00
16241	SILK Plus Omega-3 DHA, soymilk	10.00
16242	SILK Plus for Bone Health, soymilk	10.00
16243	SILK Plus Fiber, soymilk	10.00
16244	SILK Unsweetened, soymilk	10.00
16245	SILK Very Vanilla, soymilk	10.00
16436	Winged beans, mature seeds, cooked, boiled, with salt	10.00
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	10.00
17176	Game meat, opossum, cooked, roasted	10.00
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	10.00
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	10.00
18032	Bread, irish soda, prepared from recipe	10.00
18097	Cake, pudding-type, chocolate, dry mix	10.00

NDB_No	Description	Folate, food(µg) Value Per
18101	Cake, chocolate, prepared from recipe without frosting	10.00
18126	Cake, shortcake, biscuit-type, prepared from recipe	10.00
18146	Cake, yellow, prepared from recipe without frosting	10.00
18170	Cookies, fig bars	10.00
18171	Cookies, fortune	10.00
18199	Cookies, chocolate sandwich, with creme filling, special dietary	10.00
18326	Pie, pumpkin, commercially prepared	10.00
18400	Crackers, matzo, egg and onion	10.00
18402	Pie crust, standard-type, prepared from recipe, unbaked	10.00
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	10.00
19168	Desserts, egg custard, baked, prepared-from-recipe	10.00
19279	Candies, milk chocolate coated coffee beans	10.00
19823	Potato chips, without salt, reduced fat	10.00
21078	Fast foods, nachos, with cheese	10.00
21268	TACO BELL, Nachos	10.00
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	10.00
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	10.00
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	10.00
21501	KASHI Pizza, Margherita, frozen, unprepared	10.00
21503	KASHI Pizza, Mediterranean, frozen, unprepared	10.00
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	10.00
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	10.00
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	10.00
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	10.00
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	10.00
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	10.00
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	10.00
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	10.00
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	10.00
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	10.00
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	10.00
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	10.00
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	10.00
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	10.00
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	10.00
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	10.00

NDB_No	Description	Folate, food(µg) Value Per
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	10.00
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	10.00
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	10.00
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	10.00
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	10.00
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	10.00
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	10.00
25043	Snacks, candy bits, yogurt covered with vitamin C	10.00
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	10.00
27064	Wasabi	10.00
28286	Bread, paratha, whole wheat, commercially prepared, frozen	10.00
28328	Cookies, chocolate chip sandwich, with creme filling	10.00
35009	Whale, beluga, meat, dried (Alaska Native)	10.00
35200	Prairie Turnips, raw (Northern Plains Indians)	10.00
36629	Restaurant, Chinese, orange chicken	10.00
42304	Cheese, mozzarella, nonfat	10.00
43340	Cheese, parmesan, low sodium	10.00
43364	Snacks, tortilla chips, unsalted, white corn	10.00
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	10.00
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	9.00
19917	Candies, M&M MARS Pretzel Chocolate Candies	9.00
20037	Rice, brown, long-grain, cooked	9.00
20050	Rice, white, medium-grain, raw, enriched	9.00
20450	Rice, white, medium-grain, raw, unenriched	9.00
21005	Fast Foods, biscuit, with egg and sausage	9.00
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	9.00
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	9.00
21139	Fast foods, potato, mashed	9.00
21202	Fast foods, hamburger, large, single patty, with condiments	9.00
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	9.00
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	9.00
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	9.00
22401	Spaghetti with meat sauce, frozen entree	9.00
23220	Beef, ground, unspecified fat content, cooked	9.00
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	9.00
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	9.00

NDB_No	Description	Folate, food(µg) Value Per
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	9.00
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	9.00
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	9.00
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	9.00
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	9.00
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	9.00
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	9.00
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	9.00
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	9.00
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	9.00
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	9.00
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	9.00
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	9.00
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	9.00
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	9.00
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	9.00
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	9.00
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	9.00
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	9.00
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	9.00
28039	KASHI, TLC, Happy Trail Mix Cookies	9.00
28291	Cookies, animal, with frosting or icing	9.00
28294	Cookie, chocolate, with icing or coating	9.00
28347	Pancakes, gluten-free, frozen, ready-to-heat	9.00
28374	VAN'S, Gluten Free, Totally Original Pancakes	9.00
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	9.00
36412	Restaurant, Latino, tamale, pork	9.00
36617	Restaurant, Chinese, lemon chicken	9.00
42150	Babyfood, apple yogurt dessert, strained	9.00
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	9.00
42272	Snacks, granola bar, with coconut, chocolate coated	9.00
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	9.00
43142	Radishes, hawaiian style, pickled	9.00
43217	Tomato sauce, canned, no salt added	9.00
43261	Yogurt, fruit variety, nonfat	9.00
43275	Cheese, pasteurized process, American, low fat	9.00

NDB_No	Description	Folate, food(µg) Value Per
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	9.00
43379	Cheese, pasteurized process, swiss, low fat	9.00
43597	Cheese, mozzarella, low sodium	9.00
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	9.00
01017	Cheese, cream	9.00
01028	Cheese, mozzarella, part skim milk	9.00
01061	Cheese, American, nonfat or fat free	9.00
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	9.00
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	9.00
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	9.00
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	9.00
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	9.00
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	9.00
01236	Ice cream, soft serve, chocolate	9.00
01284	Yogurt, Greek, strawberry, lowfat	9.00
03077	Babyfood, dinner, pasta with vegetables	9.00
03199	Babyfood, cereal, with eggs, strained	9.00
03685	Babyfood, cereal, mixed, prepared with whole milk	9.00
04706	Dressing, honey mustard, fat-free	9.00
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	9.00
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	9.00
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	9.00
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	9.00
05053	Chicken, broilers or fryers, back, meat only, raw	9.00
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	9.00
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	9.00
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	9.00
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	9.00
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	9.00
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	9.00
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	9.00
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	9.00
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	9.00
05119	Chicken, roasting, dark meat, meat only, raw	9.00
05166	Turkey, whole, meat and skin, cooked, roasted	9.00
05168	Turkey, whole, meat only, cooked, roasted	9.00

NDB_No	Description	Folate, food(µg) Value Per
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	9.00
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	9.00
05188	Turkey, from whole, dark meat, cooked, roasted	9.00
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	9.00
05216	Turkey, back, from whole bird, meat only, roasted	9.00
05220	Turkey, breast, from whole bird, meat only, roasted	9.00
05300	Turkey sticks, breaded, battered, fried	9.00
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	9.00
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	9.00
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	9.00
05356	Chicken, broiler, rotisserie, BBQ, skin	9.00
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	9.00
05622	Emu, ground, cooked, pan-broiled	9.00
05624	Emu, fan fillet, cooked, broiled	9.00
05632	Emu, top loin, cooked, broiled	9.00
05646	Ostrich, inside strip, raw	9.00
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	9.00
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	9.00
05711	Turkey, retail parts, breast, meat only, cooked, roasted	9.00
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	9.00
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	9.00
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	9.00
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	9.00
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	9.00
05741	Turkey, thigh, from whole bird, meat only, roasted	9.00
06026	Soup, chili beef, canned, condensed	9.00
06068	Soup, vegetarian vegetable, canned, condensed	9.00
06072	Soup, vegetable with beef broth, canned, condensed	9.00
06128	Soup, chicken noodle, dry, mix	9.00
06180	Soup, shark fin, restaurant-prepared	9.00
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	9.00
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	9.00
06246	Soup, cream of onion, canned, prepared with equal volume milk	9.00
06358	Soup, tomato bisque, canned, prepared with equal volume milk	9.00
06401	Soup, cream of asparagus, canned, prepared with equal volume water	9.00
06749	Soup, beef and vegetables, canned, ready-to-serve	9.00

NDB_No	Description	Folate, food(µg) Value Per
06972	Sauce, tomato chili sauce, bottled, with salt	9.00
07001	Barbecue loaf, pork, beef	9.00
07011	Bologna, turkey	9.00
07910	Bratwurst, veal, cooked	9.00
07952	Bologna, chicken, turkey, pork	9.00
07963	Frankfurter, meat and poultry, cooked, boiled	9.00
07964	Frankfurter, meat and poultry, cooked, grilled	9.00
08182	Cereals, WHEATENA, cooked with water, with salt	9.00
09021	Apricots, raw	9.00
09094	Figs, dried, uncooked	9.00
09114	Grapefruit, raw, pink and red, Florida	9.00
09118	Grapefruit, raw, white, Florida	9.00
09119	Grapefruit, sections, canned, water pack, solids and liquids	9.00
09120	Grapefruit, sections, canned, juice pack, solids and liquids	9.00
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	9.00
09153	Lemon juice from concentrate, canned or bottled	9.00
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	9.00
09370	Peaches, canned, heavy syrup, drained	9.00
09415	Pears, raw, green anjou	9.00
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	9.00
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	9.00
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	9.00
11006	Arrowhead, cooked, boiled, drained, without salt	9.00
11128	Carrots, canned, regular pack, drained solids	9.00
11148	Chard, swiss, cooked, boiled, drained, without salt	9.00
11240	Mushrooms, morel, raw	9.00
11271	Mustard greens, cooked, boiled, drained, without salt	9.00
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	9.00
11363	Potatoes, baked, flesh, without salt	9.00
11367	Potatoes, boiled, cooked without skin, flesh, without salt	9.00
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	9.00
11372	Potatoes, scalloped, home-prepared with butter	9.00
11423	Pumpkin, cooked, boiled, drained, without salt	9.00
11428	Purslane, cooked, boiled, drained, without salt	9.00
11525	Taro, tahitian, raw	9.00
11527	Tomatoes, green, raw	9.00

NDB_No	Description	Folate, food(µg) Value Per
11537	Tomatoes, red, ripe, canned, with green chilies	9.00
11549	Tomato products, canned, sauce	9.00
11551	Tomato products, canned, sauce, with mushrooms	9.00
11559	Tomato products, canned, sauce, with tomato tidbits	9.00
11565	Turnips, cooked, boiled, drained, without salt	9.00
11591	Watercress, raw	9.00
11701	Arrowhead, cooked, boiled, drained, with salt	9.00
11759	Carrots, canned, no salt added, drained solids	9.00
11765	Chard, swiss, cooked, boiled, drained, with salt	9.00
11799	Mustard greens, cooked, boiled, drained, with salt	9.00
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	9.00
11829	Potatoes, baked, flesh, with salt	9.00
11833	Potatoes, boiled, cooked without skin, flesh, with salt	9.00
11844	Potatoes, scalloped, home-prepared with margarine	9.00
11845	Pumpkin, cooked, boiled, drained, with salt	9.00
11849	Purslane, cooked, boiled, drained, with salt	9.00
11889	Turnips, cooked, boiled, drained, with salt	9.00
11935	Catsup	9.00
11949	Catsup, low sodium	9.00
12108	Nuts, coconut meat, dried (desiccated), not sweetened	9.00
12114	Nuts, coconut meat, dried (desiccated), toasted	9.00
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	9.00
12177	Nuts, coconut meat, dried (desiccated), creamed	9.00
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	9.00
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	9.00
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	9.00
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	9.00
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	9.00
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	9.00
13348	Beef, cured, corned beef, canned	9.00
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	9.00
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	9.00
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	9.00
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	9.00
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	9.00
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	9.00

NDB_No	Description	Folate, food(µg) Value Per
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	9.00
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	9.00
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	9.00
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	9.00
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	9.00
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	9.00
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	9.00
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	9.00
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	9.00
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	9.00
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	9.00
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	9.00
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	9.00
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	9.00
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	9.00
13498	Beef, ground, 70% lean meat / 30% fat, raw	9.00
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	9.00
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	9.00
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	9.00
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	9.00
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	9.00
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	9.00
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	9.00
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	9.00
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	9.00
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	9.00
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	9.00
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	9.00
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	9.00
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	9.00
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	9.00
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	9.00
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	9.00
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	9.00
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	9.00
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	9.00

NDB_No	Description	Folate, food(µg) Value Per
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	9.00
14224	Beverages, coffee, instant, mocha, sweetened	9.00
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	9.00
14334	Beverages, pineapple and grapefruit juice drink, canned	9.00
14341	Beverages, pineapple and orange juice drink, canned	9.00
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	9.00
15001	Fish, anchovy, european, raw	9.00
15004	Fish, bass, striped, raw	9.00
15031	Fish, grouper, mixed species, raw	9.00
15045	Fish, lingcod, raw	9.00
15055	Fish, mullet, striped, raw	9.00
15057	Fish, ocean perch, Atlantic, raw	9.00
15070	Fish, rockfish, Pacific, mixed species, raw	9.00
15081	Fish, salmon, coho, wild, raw	9.00
15082	Fish, salmon, coho, wild, cooked, moist heat	9.00
15123	Fish, tuna, fresh, skipjack, raw	9.00
15152	Crustaceans, shrimp, mixed species, canned	9.00
15170	Mollusks, oyster, eastern, canned	9.00
15200	Fish, mackerel, king, cooked, dry heat	9.00
15222	Fish, turbot, european, cooked, dry heat	9.00
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	9.00
16159	Tofu, extra firm, prepared with nigari	9.00
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	9.00
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	9.00
17145	Game meat, antelope, cooked, roasted	9.00
17161	Game meat, buffalo, water, cooked, roasted	9.00
17167	Game meat, elk, cooked, roasted	9.00
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	9.00
17184	Game meat, squirrel, cooked, roasted	9.00
17223	Veal, variety meats and by-products, tongue, cooked, braised	9.00
17340	Game meat, elk, loin, separable lean only, cooked, broiled	9.00
17341	Game meat, elk, round, separable lean only, cooked, broiled	9.00
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	9.00
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	9.00
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	9.00
18117	Cake, pudding-type, marble, dry mix	9.00

NDB_No	Description	Folate, food(µg) Value Per
18121	Cake, pound, commercially prepared, other than all butter, enriched	9.00
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	9.00
18141	Cake, yellow, commercially prepared, with vanilla frosting	9.00
18142	Cake, pudding-type, yellow, dry mix	9.00
18152	Cookies, brownies, dry mix, regular	9.00
18156	Cookies, fudge, cake-type (includes trolley cakes)	9.00
18163	Cookies, chocolate chip, refrigerated dough	9.00
18182	Cookies, oatmeal, refrigerated dough	9.00
18188	Cookies, peanut butter, refrigerated dough, baked	9.00
18191	Cookies, raisin, soft-type	9.00
18206	Cookies, sugar, refrigerated dough, baked	9.00
18211	Puff pastry, frozen, ready-to-bake, baked	9.00
18212	Cookies, vanilla wafers, lower fat	9.00
18290	Pancakes, plain, dry mix, complete, prepared	9.00
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	9.00
18321	Pie, lemon meringue, prepared from recipe	9.00
18386	Muffins, blueberry, toaster-type, toasted	9.00
18418	Cake, pound, commercially prepared, other than all butter, unenriched	9.00
18419	Cake, pudding-type, white, unenriched, dry mix	9.00
18420	Cake, yellow, unenriched, dry mix	9.00
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	9.00
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	9.00
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	9.00
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	9.00
19090	Ice creams, french vanilla, soft-serve	9.00
19094	Desserts, flan, caramel custard, prepared-from-recipe	9.00
19102	Candies, fudge, peanut butter, prepared-from-recipe	9.00
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	9.00
19138	Candies, truffles, prepared-from-recipe	9.00
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	9.00
19170	Egg custards, dry mix, prepared with whole milk	9.00
19303	Marmalade, orange	9.00
01015	Cheese, cottage, lowfat, 2% milkfat	8.00
01027	Cheese, mozzarella, whole milk, low moisture	8.00
01042	Cheese, pasteurized process, American, fortified with vitamin D	8.00
01043	Cheese, pasteurized process, pimento	8.00

NDB_No	Description	Folate, food(µg) Value Per
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	8.00
01146	Cheese, parmesan, shredded	8.00
01153	Milk, canned, evaporated, with added vitamin A	8.00
01164	Cheese sauce, prepared from recipe	8.00
01166	Cheese, mexican, queso asadero	8.00
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	8.00
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	8.00
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	8.00
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	8.00
01253	Cheese, pasteurized process, American, without added vitamin D	8.00
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	8.00
03002	Babyfood, meat, beef, strained	8.00
03003	Babyfood, meat, beef, junior	8.00
03015	Babyfood, meat, turkey, strained	8.00
03016	Babyfood, meat, turkey, junior	8.00
03062	Babyfood, dinner, vegetables and ham, junior	8.00
03068	Babyfood, dinner, chicken noodle, strained	8.00
03083	Babyfood, dinner, turkey and rice, junior	8.00
03104	Babyfood, vegetables, squash, strained	8.00
03105	Babyfood, vegetables, squash, junior	8.00
03140	Babyfood, fruit dessert, mango with tapioca	8.00
03226	Babyfood, dessert, fruit pudding, orange, strained	8.00
03278	Babyfood, dinner, mixed vegetable, strained	8.00
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	8.00
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	8.00
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	8.00
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	8.00
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	8.00
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	8.00
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	8.00
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	8.00
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	8.00
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	8.00
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	8.00
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	8.00
05088	Chicken, broilers or fryers, neck, meat only, raw	8.00

NDB_No	Description	Folate, food(µg) Value Per
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	8.00
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	8.00
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	8.00
05157	Quail, meat and skin, raw	8.00
05170	Turkey, skin from whole (light and dark), roasted	8.00
05176	Turkey, heart, all classes, cooked, simmered	8.00
05190	Turkey, all classes, back, meat and skin, cooked, roasted	8.00
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	8.00
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	8.00
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	8.00
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	8.00
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	8.00
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	8.00
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	8.00
05643	Ostrich, fan, raw	8.00
05644	Ostrich, inside leg, raw	8.00
05648	Ostrich, outside leg, raw	8.00
05649	Ostrich, outside strip, raw	8.00
05651	Ostrich, oyster, raw	8.00
05653	Ostrich, round, raw	8.00
05654	Ostrich, tenderloin, raw	8.00
05655	Ostrich, tip trimmed, raw	8.00
05657	Ostrich, top loin, raw	8.00
05662	Ground turkey, fat free, raw	8.00
05663	Ground turkey, fat free, pan-broiled crumbles	8.00
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	8.00
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	8.00
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	8.00
05705	Turkey, whole, meat only, with added solution, roasted	8.00
05707	Turkey, whole, meat and skin, with added solution, roasted	8.00
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	8.00
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	8.00
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	8.00
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	8.00
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	8.00
06028	Soup, clam chowder, manhattan, canned, condensed	8.00

NDB_No	Description	Folate, food(µg) Value Per
06071	Soup, vegetable beef, canned, condensed	8.00
06112	Sauce, teriyaki, ready-to-serve	8.00
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	8.00
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	8.00
06971	Sauce, worcestershire	8.00
07020	Corned beef loaf, jellied	8.00
07036	Sausage, Italian, pork, raw	8.00
07061	Mother's loaf, pork	8.00
07912	Roast beef spread	8.00
07913	Salami, pork, beef, less sodium	8.00
07927	Sausage, Italian, turkey, smoked	8.00
07929	Sausage, turkey, hot, smoked	8.00
09063	Cherries, sour, red, raw	8.00
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	8.00
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	8.00
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	8.00
09084	Currants, red and white, raw	8.00
09159	Limes, raw	8.00
09161	Lime juice, canned or bottled, unsweetened	8.00
09183	Melons, casaba, raw	8.00
09233	Passion-fruit juice, yellow, raw	8.00
09263	Persimmons, japanese, raw	8.00
09301	Rambutan, canned, syrup pack	8.00
09309	Rhubarb, frozen, uncooked	8.00
09340	Pears, asian, raw	8.00
09353	Blueberries, wild, canned, heavy syrup, drained	8.00
09449	Nance, frozen, unsweetened	8.00
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	8.00
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	8.00
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	8.00
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	8.00
11126	Carrots, canned, regular pack, solids and liquids	8.00
11141	Celeriac, raw	8.00
11255	Lotus root, cooked, boiled, drained, without salt	8.00
11277	New Zealand spinach, cooked, boiled, drained, without salt	8.00
11373	Potatoes, au gratin, home-prepared from recipe using butter	8.00

NDB_No	Description	Folate, food(µg) Value Per
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	8.00
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	8.00
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	8.00
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	8.00
11531	Tomatoes, red, ripe, canned, packed in tomato juice	8.00
11555	Tomato products, canned, sauce, with herbs and cheese	8.00
11566	Turnips, frozen, unprepared	8.00
11567	Turnips, frozen, cooked, boiled, drained, without salt	8.00
11647	Sweet potato, canned, syrup pack, drained solids	8.00
11657	Potatoes, mashed, home-prepared, whole milk added	8.00
11671	Potatoes, o'brien, home-prepared	8.00
11758	Carrots, canned, no salt added, solids and liquids	8.00
11796	Lotus root, cooked, boiled, drained, with salt	8.00
11802	New zealand spinach, cooked, boiled, drained, with salt	8.00
11843	Potatoes, au gratin, home-prepared from recipe using margarine	8.00
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	8.00
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	8.00
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	8.00
11890	Turnips, frozen, cooked, boiled, drained, with salt	8.00
11934	Potatoes, mashed, home-prepared, whole milk and butter added	8.00
11937	Pickles, cucumber, dill or kosher dill	8.00
11947	Pickles, cucumber, dill, reduced sodium	8.00
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	8.00
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	8.00
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	8.00
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	8.00
13329	Beef, variety meats and by-products, lungs, cooked, braised	8.00
13345	Beef, cured, breakfast strips, cooked	8.00
13358	Beef, cured, smoked, chopped beef	8.00
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	8.00
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	8.00
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	8.00
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	8.00
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	8.00
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	8.00
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	8.00

NDB_No	Description	Folate, food(µg) Value Per
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	8.00
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	8.00
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	8.00
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	8.00
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	8.00
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	8.00
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	8.00
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	8.00
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	8.00
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	8.00
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	8.00
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	8.00
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	8.00
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	8.00
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	8.00
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	8.00
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	8.00
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	8.00
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	8.00
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	8.00
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	8.00
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	8.00
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	8.00
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	8.00
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	8.00
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	8.00
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	8.00
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	8.00
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	8.00
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	8.00
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	8.00
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	8.00
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	8.00
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	8.00
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	8.00
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	8.00

NDB_No	Description	Folate, food(µg) Value Per
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	8.00
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	8.00
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	8.00
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	8.00
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	8.00
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	8.00
14187	Beverages, Clam and tomato juice, canned	8.00
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	8.00
15016	Fish, cod, Atlantic, cooked, dry heat	8.00
15017	Fish, cod, Atlantic, canned, solids and liquid	8.00
15049	Fish, mackerel, king, raw	8.00
15128	Fish, tuna salad	8.00
15129	Fish, turbot, european, raw	8.00
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	8.00
15198	Fish, ling, cooked, dry heat	8.00
15203	Fish, monkfish, cooked, dry heat	8.00
15206	Fish, pout, ocean, cooked, dry heat	8.00
16004	Yokan, prepared from adzuki beans and sugar	8.00
16010	Beans, baked, canned, with pork and sweet sauce	8.00
16113	Natto	8.00
17157	Game meat, bison, separable lean only, cooked, roasted	8.00
17160	Game meat, buffalo, water, raw	8.00
17177	Game meat, rabbit, domesticated, composite of cuts, raw	8.00
17181	Game meat, rabbit, wild, cooked, stewed	8.00
17206	Lamb, variety meats and by-products, lungs, cooked, braised	8.00
17208	Veal, variety meats and by-products, lungs, cooked, braised	8.00
17339	Game meat, elk, ground, cooked, pan-broiled	8.00
17344	Game meat, deer, ground, cooked, pan-broiled	8.00
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	8.00
18085	Bread stuffing, cornbread, dry mix, prepared	8.00
18090	Cake, boston cream pie, commercially prepared	8.00
18095	Cake, cherry fudge with chocolate frosting	8.00
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	8.00
18116	Cake, gingerbread, prepared from recipe	8.00
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	8.00
18157	Cookies, chocolate wafers	8.00

NDB_No	Description	Folate, food(µg) Value Per
18179	Cookies, oatmeal, commercially prepared, soft-type	8.00
18193	Cookies, shortbread, commercially prepared, pecan	8.00
18205	Cookies, sugar, refrigerated dough	8.00
18229	Crackers, standard snack-type, regular	8.00
18253	Doughnuts, french crullers, glazed	8.00
18308	Pie, cherry, commercially prepared	8.00
18320	Pie, lemon meringue, commercially prepared	8.00
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	8.00
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	8.00
19003	Snacks, corn-based, extruded, chips, plain	8.00
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	8.00
19079	Candies, confectioner's coating, yogurt	8.00
19089	Ice creams, vanilla, rich	8.00
19109	Candies, KIT KAT Wafer Bar	8.00
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	8.00
19205	Egg custards, dry mix, prepared with 2% milk	8.00
19230	Frostings, vanilla, creamy, ready-to-eat	8.00
20044	Rice, white, long-grain, regular, raw, enriched	8.00
20046	Rice, white, long-grain, parboiled, enriched, dry	8.00
20130	Barley flour or meal	8.00
20444	Rice, white, long-grain, regular, raw, unenriched	8.00
20446	Rice, white, long-grain, parboiled, unenriched, dry	8.00
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	8.00
21007	Fast foods, biscuit, with egg, cheese, and bacon	8.00
21032	Fast foods, sundae, caramel	8.00
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	8.00
21310	McDONALD'S, Barbeque Sauce	8.00
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	8.00
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	8.00
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	8.00
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	8.00
22911	Chili, no beans, canned entree	8.00
22912	Spaghetti, with meatballs in tomato sauce, canned	8.00
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	8.00
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	8.00
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	8.00

NDB_No	Description	Folate, food(µg) Value Per
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	8.00
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	8.00
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	8.00
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	8.00
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	8.00
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	8.00
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	8.00
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	8.00
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	8.00
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	8.00
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	8.00
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	8.00
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	8.00
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	8.00
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	8.00
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	8.00
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	8.00
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	8.00
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	8.00
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	8.00
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	8.00
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	8.00
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	8.00
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	8.00
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	8.00
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	8.00
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	8.00
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	8.00
23503	USDA Commodity, beef, patties (100%), frozen, cooked	8.00
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	8.00
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	8.00
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	8.00
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	8.00
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	8.00
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	8.00
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	8.00

NDB_No	Description	Folate, food(µg) Value Per
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	8.00
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	8.00
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	8.00
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	8.00
23577	Beef, ground, 75% lean meat / 25% fat, raw	8.00
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	8.00
27001	Soup, hot and sour, Chinese restaurant	8.00
27047	Sauce, salsa, verde, ready-to-serve	8.00
27048	Sauce, steak, tomato based	8.00
27050	Sauce, sweet and sour, ready-to-serve	8.00
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	8.00
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	8.00
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	8.00
28346	Waffles, gluten-free, frozen, ready-to-heat	8.00
28368	SCHAR, Gluten-Free, Classic White Rolls	8.00
28375	VAN'S, Gluten Free, Totally Original Waffles	8.00
32010	Pasta mix, Italian lasagna, unprepared	8.00
32019	Lasagna, cheese, frozen, unprepared	8.00
36041	Restaurant, Italian, lasagna with meat	8.00
36633	Restaurant, Chinese, sesame chicken	8.00
42178	Mayonnaise, made with tofu	8.00
43398	Cheese, pasteurized process, cheddar or American, low sodium	8.00
43536	Babyfood, dessert, peach yogurt	8.00
43537	Babyfood, dessert, blueberry yogurt, strained	8.00
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	8.00
19867	Ice creams, vanilla, fat free	7.00
20003	Arrowroot flour	7.00
20054	Rice, white, glutinous, unenriched, uncooked	7.00
20094	Pasta, fresh-refrigerated, plain, cooked	7.00
20110	Noodles, egg, enriched, cooked	7.00
20115	Noodles, japanese, soba, cooked	7.00
20121	Pasta, cooked, enriched, without added salt	7.00
20310	Noodles, egg, cooked, enriched, with added salt	7.00
20321	Pasta, cooked, enriched, with added salt	7.00
20410	Noodles, egg, unenriched, cooked, without added salt	7.00
20421	Pasta, cooked, unenriched, without added salt	7.00

NDB_No	Description	Folate, food(µg) Value Per
20510	Noodles, egg, cooked, unenriched, with added salt	7.00
20521	Pasta, cooked, unenriched, with added salt	7.00
21008	Fast foods, biscuit, with ham	7.00
21090	Fast foods, cheeseburger; single, regular patty, with condiments	7.00
22908	Beef, corned beef hash, with potato, canned	7.00
22970	Macaroni and cheese, frozen entree	7.00
22973	Corn dogs, frozen, prepared	7.00
22977	Lasagna with meat sauce, frozen, prepared	7.00
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	7.00
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	7.00
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	7.00
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	7.00
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	7.00
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	7.00
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	7.00
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	7.00
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	7.00
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	7.00
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	7.00
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	7.00
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	7.00
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	7.00
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	7.00
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	7.00
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	7.00
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	7.00
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	7.00
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	7.00
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	7.00
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	7.00
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	7.00
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	7.00
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	7.00
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	7.00
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	7.00
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	7.00

NDB_No	Description	Folate, food(µg) Value Per
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	7.00
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	7.00
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	7.00
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	7.00
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	7.00
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	7.00
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	7.00
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	7.00
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	7.00
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	7.00
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	7.00
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	7.00
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	7.00
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	7.00
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	7.00
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	7.00
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	7.00
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	7.00
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	7.00
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	7.00
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	7.00
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	7.00
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	7.00
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	7.00
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	7.00
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	7.00
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	7.00
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	7.00
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	7.00
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	7.00
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	7.00
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	7.00
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	7.00
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	7.00
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	7.00
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	7.00

NDB_No	Description	Folate, food(µg) Value Per
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	7.00
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	7.00
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	7.00
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	7.00
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	7.00
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	7.00
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	7.00
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	7.00
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	7.00
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	7.00
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	7.00
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	7.00
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	7.00
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	7.00
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	7.00
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	7.00
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	7.00
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	7.00
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	7.00
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	7.00
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	7.00
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	7.00
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	7.00
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	7.00
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	7.00
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	7.00
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	7.00
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	7.00
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	7.00
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	7.00
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	7.00
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	7.00
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	7.00
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	7.00
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	7.00
23572	Beef, ground, 80% lean meat / 20% fat, raw	7.00

NDB_No	Description	Folate, food(µg) Value Per
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	7.00
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	7.00
27000	Soup, egg drop, Chinese restaurant	7.00
28329	Cookies, chocolate, made with rice cereal	7.00
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	7.00
35139	Squash, Indian, cooked, boiled (Navajo)	7.00
36015	Restaurant, family style, chicken fingers, from kid's menu	7.00
36024	CRACKER BARREL, chicken tenderloin platter, fried	7.00
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	7.00
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	7.00
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	7.00
42316	Babyfood, carrots, toddler	7.00
43278	Cheese, american cheddar, imitation	7.00
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	7.00
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	7.00
43447	Snacks, corn-based, extruded, chips, unsalted	7.00
43539	Babyfood, dessert, banana yogurt, strained	7.00
01026	Cheese, mozzarella, whole milk	7.00
01033	Cheese, parmesan, hard	7.00
01038	Cheese, romano	7.00
01046	Cheese food, pasteurized process, American, vitamin D fortified	7.00
01048	Cheese spread, pasteurized process, American	7.00
01109	Milk, sheep, fluid	7.00
01111	Milk shakes, thick vanilla	7.00
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	7.00
01228	Cheese, fresh, queso fresco	7.00
01237	Ice cream, bar or stick, chocolate covered	7.00
01254	Cheese food, pasteurized process, American, without added vitamin D	7.00
01256	Yogurt, Greek, plain, nonfat	7.00
02046	Mustard, prepared, yellow	7.00
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	7.00
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	7.00
03045	Babyfood, dinner, macaroni and tomato and beef, junior	7.00
03085	Babyfood, dinner, vegetables and turkey, junior	7.00
03179	Babyfood, juice, mixed fruit	7.00
03681	Babyfood, cereal, barley, prepared with whole milk	7.00

NDB_No	Description	Folate, food(µg) Value Per
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	7.00
05011	Chicken, broilers or fryers, meat only, raw	7.00
05012	Chicken, broilers or fryers, meat only, cooked, fried	7.00
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	7.00
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	7.00
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	7.00
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	7.00
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	7.00
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	7.00
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	7.00
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	7.00
05100	Chicken, broilers or fryers, wing, meat and skin, raw	7.00
05113	Chicken, roasting, meat only, raw	7.00
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	7.00
05125	Chicken, stewing, meat only, raw	7.00
05158	Quail, meat only, raw	7.00
05161	Squab, (pigeon), meat only, raw	7.00
05165	Turkey, whole, meat and skin, raw	7.00
05167	Turkey, whole, meat only, raw	7.00
05180	Turkey from whole, neck, meat only, cooked, simmered	7.00
05181	Turkey from whole, light meat, meat and skin, raw	7.00
05185	Turkey from whole, light meat, raw	7.00
05187	Turkey from whole, dark meat, meat only, raw	7.00
05191	Turkey, all classes, breast, meat and skin, raw	7.00
05195	Turkey, all classes, wing, meat and skin, raw	7.00
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	7.00
05219	Turkey, breast, from whole bird, meat only, raw	7.00
05227	Turkey, wing, from whole bird, meat only, raw	7.00
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	7.00
05304	Turkey, mechanically deboned, from turkey frames, raw	7.00
05305	Ground turkey, raw	7.00
05306	Ground turkey, cooked	7.00
05324	Chicken patty, frozen, cooked	7.00
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	7.00
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	7.00
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	7.00

NDB_No	Description	Folate, food(µg) Value Per
05630	Emu, outside drum, raw	7.00
05641	Ostrich, ground, raw	7.00
05664	Ground turkey, fat free, patties, broiled	7.00
05665	Ground turkey, 93% lean, 7% fat, raw	7.00
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	7.00
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	7.00
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	7.00
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	7.00
05693	Chicken, broiler, rotisserie, BBQ, back meat only	7.00
05696	Turkey from whole, light meat, meat only, with added solution, raw	7.00
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	7.00
05704	Turkey, whole, meat only, with added solution, raw	7.00
05708	Turkey, retail parts, breast, meat only, with added solution, raw	7.00
05710	Turkey, retail parts, breast, meat only, raw	7.00
05712	Turkey, retail parts, wing, meat only, raw	7.00
05717	Turkey, retail parts, thigh, meat only, raw	7.00
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	7.00
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	7.00
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	7.00
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	7.00
05732	Turkey, retail parts, breast, meat and skin, raw	7.00
05738	Turkey, drumstick, from whole bird, meat only, raw	7.00
06044	Soup, mushroom with beef stock, canned, condensed	7.00
06067	Soup, chunky vegetable, canned, ready-to-serve	7.00
06147	Soup, beef mushroom, canned, condensed	7.00
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	7.00
06440	Soup, minestrone, canned, prepared with equal volume water	7.00
07025	Frankfurter, turkey	7.00
07029	Ham, sliced, regular (approximately 11% fat)	7.00
07091	New england brand sausage, pork, beef	7.00
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	7.00
07925	Pastrami, beef, 98% fat-free	7.00
07959	Bologna, chicken, pork, beef	7.00
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	7.00
07971	Bologna, meat and poultry	7.00
08143	Cereals, WHEATENA, cooked with water	7.00

NDB_No	Description	Folate, food(µg) Value Per
09054	Blueberries, frozen, unsweetened	7.00
09055	Blueberries, frozen, sweetened	7.00
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	7.00
09232	Passion-fruit juice, purple, raw	7.00
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	7.00
09252	Pears, raw	7.00
09307	Rhubarb, raw	7.00
09314	Sapote, mamey, raw	7.00
09413	Pears, raw, red anjou	7.00
09414	Pears, raw, bosc	7.00
09436	Mango nectar, canned	7.00
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	7.00
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	7.00
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	7.00
11026	Bamboo shoots, raw	7.00
11205	Cucumber, with peel, raw	7.00
11220	Gourd, dishcloth (towelgourd), raw	7.00
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	7.00
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	7.00
11414	Potato salad, home-prepared	7.00
11526	Taro, tahitian, cooked, without salt	7.00
11645	Sweet potato, canned, syrup pack, solids and liquids	7.00
11881	Taro, tahitian, cooked, with salt	7.00
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	7.00
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	7.00
11954	Tomatillos, raw	7.00
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	7.00
13001	Beef, carcass, separable lean and fat, choice, raw	7.00
13002	Beef, carcass, separable lean and fat, select, raw	7.00
13023	Beef, brisket, whole, separable lean only, all grades, raw	7.00
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	7.00
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	7.00
13339	Beef, variety meats and by-products, tongue, raw	7.00
13340	Beef, variety meats and by-products, tongue, cooked, simmered	7.00
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	7.00
13353	Beef, cured, luncheon meat, jellied	7.00

NDB_No	Description	Folate, food(µg) Value Per
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	7.00
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	7.00
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	7.00
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	7.00
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	7.00
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	7.00
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	7.00
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	7.00
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	7.00
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	7.00
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	7.00
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	7.00
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	7.00
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	7.00
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	7.00
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	7.00
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	7.00
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	7.00
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	7.00
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	7.00
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	7.00
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	7.00
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	7.00
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	7.00
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	7.00
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	7.00
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	7.00
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	7.00
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	7.00
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	7.00
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	7.00
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	7.00
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	7.00
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	7.00
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	7.00
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	7.00

NDB_No	Description	Folate, food(µg) Value Per
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	7.00
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	7.00
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	7.00
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	7.00
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	7.00
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	7.00
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	7.00
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	7.00
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	7.00
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	7.00
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	7.00
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	7.00
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	7.00
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	7.00
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	7.00
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	7.00
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	7.00
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	7.00
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	7.00
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	7.00
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	7.00
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	7.00
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	7.00
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	7.00
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	7.00
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	7.00
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	7.00
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	7.00
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	7.00
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	7.00
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	7.00
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	7.00
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	7.00
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	7.00
14063	Beverages, chocolate powder, no sugar added	7.00
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	7.00

NDB_No	Description	Folate, food(µg) Value Per
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	7.00
14292	Lemonade, frozen concentrate, white	7.00
14327	Beverages, orange and apricot juice drink, canned	7.00
14405	Beverages, fruit punch juice drink, frozen concentrate	7.00
15015	Fish, cod, Atlantic, raw	7.00
15019	Fish, cod, Pacific, raw (may have been previously frozen)	7.00
15044	Fish, ling, raw	7.00
15054	Fish, monkfish, raw	7.00
15059	Fish, pout, ocean, raw	7.00
15086	Fish, salmon, sockeye, cooked, dry heat	7.00
15131	Fish, whitefish, mixed species, smoked	7.00
15160	Mollusks, clam, mixed species, canned, drained solids	7.00
15167	Mollusks, oyster, eastern, wild, raw	7.00
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	7.00
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	7.00
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	7.00
16247	SILK Chai, soymilk	7.00
16248	SILK Mocha, soymilk	7.00
16249	SILK Coffee, soymilk	7.00
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	7.00
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	7.00
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	7.00
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	7.00
17338	Game meat, elk, ground, raw	7.00
17427	Veal, loin, chop, separable lean only, cooked, grilled	7.00
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	7.00
18021	Bread, boston brown, canned	7.00
18119	Cake, pineapple upside-down, prepared from recipe	7.00
18139	Cake, white, prepared from recipe without frosting	7.00
18164	Cookies, chocolate chip, refrigerated dough, baked	7.00
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	7.00
18177	Cookies, molasses	7.00
18178	Cookies, oatmeal, commercially prepared, regular	7.00
18183	Cookies, oatmeal, refrigerated dough, baked	7.00
18200	Cookies, oatmeal, commercially prepared, special dietary	7.00
18303	Pie, banana cream, prepared from mix, no-bake type	7.00

NDB_No	Description	Folate, food(µg) Value Per
18309	Pie, cherry, prepared from recipe	7.00
18388	Muffins, wheat bran, toaster-type with raisins, toasted	7.00
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	7.00
18948	Pie crust, refrigerated, regular, unbaked	7.00
18994	BEAR NAKED, Fruit & Nut Cookies	7.00
19087	Candies, white chocolate	7.00
19263	Frozen novelties, fruit and juice bars	7.00
01020	Cheese, fontina	6.00
01032	Cheese, parmesan, grated	6.00
01044	Cheese, pasteurized process, swiss	6.00
01047	Cheese food, pasteurized process, swiss	6.00
01056	Cream, sour, cultured	6.00
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	6.00
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	6.00
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	6.00
01108	Milk, indian buffalo, fluid	6.00
01238	Ice cream sandwich	6.00
01266	Cheese, Swiss, nonfat or fat free	6.00
02010	Spices, cinnamon, ground	6.00
03043	Babyfood, dinner, beef lasagna, toddler	6.00
03049	Babyfood, dinner, beef and rice, toddler	6.00
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	6.00
03052	Babyfood, dinner, beef stew, toddler	6.00
03112	Babyfood, potatoes, toddler	6.00
03129	Babyfood, fruit, bananas with tapioca, strained	6.00
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	6.00
03245	Babyfood, dessert, custard pudding, vanilla, strained	6.00
03246	Babyfood, dessert, custard pudding, vanilla, junior	6.00
03280	Babyfood, fruit, bananas with tapioca, junior	6.00
03287	Babyfood, dinner, beef noodle, junior	6.00
03293	Babyfood, plums, bananas and rice, strained	6.00
03303	Babyfood, dinner, sweet potatoes and chicken, strained	6.00
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	6.00
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	6.00
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	6.00
03694	Babyfood, cereal, rice, prepared with whole milk	6.00

NDB_No	Description	Folate, food(µg) Value Per
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	6.00
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	6.00
04018	Salad dressing, mayonnaise type, regular, with salt	6.00
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	6.00
04638	Salad dressing, ranch dressing, fat-free	6.00
05006	Chicken, broilers or fryers, meat and skin, raw	6.00
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	6.00
05013	Chicken, broilers or fryers, meat only, roasted	6.00
05014	Chicken, broilers or fryers, meat only, stewed	6.00
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	6.00
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	6.00
05048	Chicken, broilers or fryers, back, meat and skin, raw	6.00
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	6.00
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	6.00
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	6.00
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	6.00
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	6.00
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	6.00
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	6.00
05123	Chicken, stewing, meat and skin, raw	6.00
05126	Chicken, stewing, meat only, cooked, stewed	6.00
05135	Chicken, capons, meat and skin, raw	6.00
05136	Chicken, capons, meat and skin, cooked, roasted	6.00
05140	Duck, domesticated, meat and skin, cooked, roasted	6.00
05152	Guinea hen, meat only, raw	6.00
05153	Pheasant, raw, meat and skin	6.00
05154	Pheasant, raw, meat only	6.00
05160	Squab, (pigeon), meat and skin, raw	6.00
05173	Turkey, gizzard, all classes, raw	6.00
05183	Turkey, dark meat, meat and skin, raw	6.00
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	6.00
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	6.00
05284	Turkey, canned, meat only, with broth	6.00
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	6.00
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	6.00
05336	USDA Commodity Chicken, canned, meat only, drained	6.00

NDB_No	Description	Folate, food(µg) Value Per
05668	Ground turkey, 85% lean, 15% fat, raw	6.00
05694	Turkey, dark meat from whole, meat only, with added solution, raw	6.00
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	6.00
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	6.00
05706	Turkey, whole, meat and skin, with added solution, raw	6.00
05716	Turkey, retail parts, drumstick, meat only, raw	6.00
05719	Turkey, back, from whole bird, meat only, with added solution, raw	6.00
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	6.00
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	6.00
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	6.00
05734	Turkey, retail parts, wing, meat and skin, raw	6.00
05736	Turkey, retail parts, drumstick, meat and skin, raw	6.00
05742	Turkey, retail parts, thigh, meat and skin, raw	6.00
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	6.00
06018	Soup, chunky chicken noodle, canned, ready-to-serve	6.00
06046	Soup, cream of onion, canned, condensed	6.00
06061	Soup, tomato beef with noodle, canned, condensed	6.00
06070	Soup, chunky beef, canned, ready-to-serve	6.00
06151	Sauce, plum, ready-to-serve	6.00
06167	Sauce, homemade, white, thick	6.00
06168	Sauce, ready-to-serve, pepper or hot	6.00
06463	Soup, tomato rice, canned, prepared with equal volume water	6.00
06558	Soup, tomato bisque, canned, prepared with equal volume water	6.00
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	6.00
07008	Bologna, beef and pork	6.00
07039	Lebanon bologna, beef	6.00
07045	Luncheon meat, pork, canned	6.00
07241	OSCAR MAYER, Wieners (beef franks)	6.00
07900	Turkey, pork, and beef sausage, low fat, smoked	6.00
07905	Frankfurter, beef, pork, and turkey, fat free	6.00
07923	Bratwurst, chicken, cooked	6.00
07928	Sausage, chicken, beef, pork, skinless, smoked	6.00
07949	Frankfurter, meat, heated	6.00
07950	Frankfurter, meat	6.00
07958	Turkey sausage, fresh, cooked	6.00
07962	Frankfurter, meat and poultry, unheated	6.00

NDB_No	Description	Folate, food(µg) Value Per
07974	Bacon, turkey, low sodium	6.00
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	6.00
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	6.00
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	6.00
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	6.00
09050	Blueberries, raw	6.00
09088	Elderberries, raw	6.00
09089	Figs, raw	6.00
09107	Gooseberries, raw	6.00
09190	Mulberries, raw	6.00
09287	Prickly pears, raw	6.00
09412	Pears, raw, bartlett	6.00
09434	Guanabana nectar, canned	6.00
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	6.00
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	6.00
10096	Pork, fresh, variety meats and by-products, brain, raw	6.00
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	6.00
10184	Pork, cured, ham, extra lean and regular, canned, unheated	6.00
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	6.00
10220	Pork, fresh, ground, cooked	6.00
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	6.00
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	6.00
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	6.00
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	6.00
11218	Gourd, white-flowered (calabash), raw	6.00
11376	Potatoes, canned, drained solids	6.00
11508	Sweet potato, cooked, baked in skin, flesh, without salt	6.00
11510	Sweet potato, cooked, boiled, without skin	6.00
11590	Waterchestnuts, chinese, canned, solids and liquids	6.00
11659	Sweet potato, cooked, candied, home-prepared	6.00
11875	Sweet potato, cooked, baked in skin, flesh, with salt	6.00
11876	Sweet potato, cooked, boiled, without skin, with salt	6.00
11943	Pimento, canned	6.00
13047	Beef, grass-fed, ground, raw	6.00
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	6.00
13149	Beef, rib, shortribs, separable lean only, choice, raw	6.00

NDB_No	Description	Folate, food(µg) Value Per
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	6.00
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	6.00
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	6.00
13347	Beef, cured, corned beef, brisket, cooked	6.00
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	6.00
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	6.00
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	6.00
13355	Beef, cured, pastrami	6.00
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	6.00
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	6.00
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	6.00
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	6.00
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	6.00
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	6.00
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	6.00
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	6.00
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	6.00
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	6.00
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	6.00
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	6.00
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	6.00
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	6.00
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	6.00
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	6.00
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	6.00
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	6.00
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	6.00
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	6.00
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	6.00
14003	Alcoholic beverage, beer, regular, all	6.00
14006	Alcoholic beverage, beer, light	6.00
14015	Alcoholic beverage, pina colada, canned	6.00
14192	Beverages, Cocoa mix, powder	6.00
14248	Alcoholic beverage, beer, light, higher alcohol	6.00
14287	Beverages, Lemonade, powder	6.00
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	6.00

NDB_No	Description	Folate, food(µg) Value Per
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	6.00
15061	Fish, perch, mixed species, cooked, dry heat	6.00
15085	Fish, salmon, sockeye, raw	6.00
15092	Fish, sea bass, mixed species, cooked, dry heat	6.00
15102	Fish, snapper, mixed species, cooked, dry heat	6.00
15177	Mollusks, whelk, unspecified, raw	6.00
15194	Fish, mahimahi, cooked, dry heat	6.00
15197	Fish, herring, Pacific, cooked, dry heat	6.00
15214	Fish, seatrout, mixed species, cooked, dry heat	6.00
15216	Fish, spot, cooked, dry heat	6.00
15224	Fish, wolffish, Atlantic, cooked, dry heat	6.00
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	6.00
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	6.00
15262	Fish, tilapia, cooked, dry heat	6.00
17147	Game meat, bear, cooked, simmered	6.00
17159	Game meat, boar, wild, cooked, roasted	6.00
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	6.00
17424	Veal, ground, cooked, pan-fried	6.00
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	6.00
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	6.00
18011	Biscuits, plain or buttermilk, dry mix, prepared	6.00
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	6.00
18155	Cookies, butter, commercially prepared, enriched	6.00
18161	Cookies, chocolate chip, dry mix	6.00
18172	Cookies, gingersnaps	6.00
18198	Cookies, chocolate chip, commercially prepared, special dietary	6.00
18310	Pie, chocolate creme, commercially prepared	6.00
18354	Strudel, apple	6.00
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	6.00
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	6.00
18421	Cookies, butter, commercially prepared, unenriched	6.00
18448	Taco shells, baked, without added salt	6.00
18944	Pie, Dutch Apple, Commercially Prepared	6.00
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	6.00
19076	Candies, caramels, chocolate-flavor roll	6.00
19088	Ice creams, vanilla, light	6.00

NDB_No	Description	Folate, food(µg) Value Per
19137	Toppings, strawberry	6.00
19142	Candies, MOUNDS Candy Bar	6.00
19216	Candies, praline, prepared-from-recipe	6.00
19220	Desserts, rennin, chocolate, dry mix	6.00
19293	Frozen yogurts, vanilla, soft-serve	6.00
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	6.00
20034	Oat bran, cooked	6.00
20052	Rice, white, short-grain, enriched, uncooked	6.00
20092	Pasta, gluten-free, corn, cooked	6.00
20106	Macaroni, vegetable, enriched, cooked	6.00
20452	Rice, white, short-grain, raw, unenriched	6.00
21033	Fast foods, sundae, hot fudge	6.00
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	6.00
21611	School Lunch, chicken nuggets, whole grain breaded	6.00
22910	Lasagna, cheese, frozen, prepared	6.00
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	6.00
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	6.00
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	6.00
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	6.00
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	6.00
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	6.00
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	6.00
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	6.00
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	6.00
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	6.00
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	6.00
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	6.00
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	6.00
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	6.00
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	6.00
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	6.00
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	6.00
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	6.00
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	6.00
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	6.00
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	6.00

NDB_No	Description	Folate, food(µg) Value Per
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	6.00
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	6.00
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	6.00
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	6.00
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	6.00
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	6.00
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	6.00
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	6.00
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	6.00
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	6.00
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	6.00
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	6.00
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	6.00
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	6.00
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	6.00
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	6.00
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	6.00
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	6.00
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	6.00
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	6.00
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	6.00
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	6.00
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	6.00
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	6.00
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	6.00
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	6.00
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	6.00
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	6.00
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	6.00
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	6.00
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	6.00
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	6.00
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	6.00
23507	USDA Commodity, beef, patties (100%), frozen, raw	6.00
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	6.00
23562	Beef, ground, 90% lean meat / 10% fat, raw	6.00

NDB_No	Description	Folate, food(µg) Value Per
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	6.00
23567	Beef, ground, 85% lean meat / 15% fat, raw	6.00
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	6.00
27002	Soup, wonton, Chinese restaurant	6.00
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	6.00
27052	Dip, salsa con queso, cheese and salsa- medium	6.00
31036	Potatoes, mashed, ready-to-eat	6.00
36602	Restaurant, Chinese, fried rice, without meat	6.00
36618	Restaurant, Chinese, general tso's chicken	6.00
36621	Restaurant, Chinese, sweet and sour chicken	6.00
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	6.00
42119	Babyfood, banana juice with low fat yogurt	6.00
42120	Babyfood, mixed fruit juice with low fat yogurt	6.00
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	6.00
42131	Milk dessert, frozen, milk-fat free, chocolate	6.00
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	6.00
42189	Milk, buttermilk, fluid, cultured, reduced fat	6.00
42190	Pork sausage rice links, brown and serve, cooked	6.00
43004	Babyfood, dessert, banana pudding, strained	6.00
43282	Quail, cooked, total edible	6.00
43287	Dove, cooked (includes squab)	6.00
43311	Potatoes, canned, drained solids, no salt added	6.00
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	6.00
43366	Turkey, wing, smoked, cooked, with skin, bone removed	6.00
43405	Cheese, swiss, low sodium	6.00
43417	Babyfood, meat, beef with vegetables, toddler	6.00
43476	Tofu yogurt	6.00
43585	Babyfood, fruit supreme dessert	6.00
43589	Cheese, swiss, low fat	6.00
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	6.00
90560	Mollusks, snail, raw	6.00
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	5.00
19416	Snacks, rice cakes, brown rice, rye	5.00
19898	Ice creams, regular, low carbohydrate, vanilla	5.00
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	5.00
20058	Rice, white, steamed, Chinese restaurant	5.00

NDB_No	Description	Folate, food(µg) Value Per
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	5.00
21255	BURGER KING, DOUBLE WHOPPER, with cheese	5.00
21339	McDONALD'S, McFLURRY with OREO cookies	5.00
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	5.00
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	5.00
21413	Light Ice Cream, soft serve, blended with cookie pieces	5.00
21610	School Lunch, chicken patty, whole grain breaded	5.00
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	5.00
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	5.00
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	5.00
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	5.00
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	5.00
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	5.00
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	5.00
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	5.00
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	5.00
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	5.00
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	5.00
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	5.00
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	5.00
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	5.00
23472	Beef, ground, 93% lean meat / 7% fat, raw	5.00
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	5.00
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	5.00
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	5.00
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	5.00
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	5.00
23557	Beef, ground, 95% lean meat / 5% fat, raw	5.00
27049	Sauce, tartar, ready-to-serve	5.00
27063	Sauce, enchilada, red, mild, ready to serve	5.00
28311	Cookies, sugar wafer, chocolate-covered	5.00
32007	Taquitos, frozen, beef and cheese, oven-heated	5.00
35202	Raspberries, wild (Northern Plains Indians)	5.00
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	5.00
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	5.00
42129	Bologna, beef and pork, low fat	5.00

NDB_No	Description	Folate, food(µg) Value Per
42161	Bologna, beef, low fat	5.00
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	5.00
43283	Pheasant, cooked, total edible	5.00
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	5.00
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	5.00
43384	Beef, bologna, reduced sodium	5.00
43541	Ice creams, chocolate, rich	5.00
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	5.00
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	5.00
01021	Cheese, gjetost	5.00
01045	Cheese food, cold pack, American	5.00
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	5.00
01060	Milk, filled, fluid, with lauric acid oil	5.00
01077	Milk, whole, 3.25% milkfat, with added vitamin D	5.00
01078	Milk, producer, fluid, 3.7% milkfat	5.00
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	5.00
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	5.00
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	5.00
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	5.00
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	5.00
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	5.00
01088	Milk, buttermilk, fluid, cultured, lowfat	5.00
01089	Milk, low sodium, fluid	5.00
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	5.00
01105	Milk, chocolate beverage, hot cocoa, homemade	5.00
01107	Milk, human, mature, fluid	5.00
01110	Milk shakes, thick chocolate	5.00
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	5.00
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	5.00
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	5.00
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	5.00
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	5.00
01230	Milk, buttermilk, fluid, whole	5.00
01239	Ice cream cookie sandwich	5.00
01263	Ice cream, light, soft serve, chocolate	5.00
03005	Babyfood, meat, veal, strained	5.00

NDB_No	Description	Folate, food(µg) Value Per
03044	Babyfood, dinner, macaroni and tomato and beef, strained	5.00
03069	Babyfood, dinner, chicken noodle, junior	5.00
03070	Babyfood, dinner, chicken soup, strained	5.00
03073	Babyfood, dinner, vegetables chicken, strained	5.00
03089	Babyfood, dinner, macaroni and cheese, strained	5.00
03161	Babyfood, peaches, dices, toddler	5.00
03163	Babyfood, fruit, bananas with apples and pears, strained	5.00
03233	Babyfood, dessert, fruit pudding, pineapple, strained	5.00
04015	Salad dressing, russian dressing	5.00
04025	Salad dressing, mayonnaise, regular	5.00
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	5.00
04703	Salad dressing, honey mustard, regular	5.00
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	5.00
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	5.00
05023	Chicken, gizzard, all classes, raw	5.00
05024	Chicken, gizzard, all classes, cooked, simmered	5.00
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	5.00
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	5.00
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	5.00
05084	Chicken, broilers or fryers, neck, meat and skin, raw	5.00
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	5.00
05112	Chicken, roasting, meat and skin, cooked, roasted	5.00
05114	Chicken, roasting, meat only, cooked, roasted	5.00
05124	Chicken, stewing, meat and skin, cooked, stewed	5.00
05151	Guinea hen, meat and skin, raw	5.00
05179	Turkey from whole, neck, meat only, raw	5.00
05285	Turkey, diced, light and dark meat, seasoned	5.00
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	5.00
05303	Poultry, mechanically deboned, from mature hens, raw	5.00
05323	Chicken patty, frozen, uncooked	5.00
05337	USDA Commodity, Chicken, canned, meat only, with water	5.00
05338	USDA Commodity, Chicken, canned, meat only, with broth	5.00
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	5.00
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	5.00
05714	Turkey, skin, from retail parts, from dark meat, raw	5.00
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	5.00

NDB_No	Description	Folate, food(µg) Value Per
06017	Soup, chicken gumbo, canned, condensed	5.00
06019	Soup, chicken noodle, canned, condensed	5.00
06032	Soup, beef broth bouillon and consomme, canned, condensed	5.00
06042	Soup, mushroom barley, canned, condensed	5.00
06064	Soup, turkey, chunky, canned, ready-to-serve	5.00
06165	Sauce, homemade, white, thin	5.00
06166	Sauce, homemade, white, medium	5.00
06172	Soup, stock, chicken, home-prepared	5.00
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	5.00
06978	Soup, beef and mushroom, low sodium, chunk style	5.00
07002	Beerwurst, beer salami, pork and beef	5.00
07004	Sausage, Berliner, pork, beef	5.00
07005	Blood sausage	5.00
07010	Bologna, pork	5.00
07015	Brotwurst, pork, beef, link	5.00
07043	Roast beef, deli style, prepackaged, sliced	5.00
07052	Pastrami, turkey	5.00
07057	Pepperoni, beef and pork, sliced	5.00
07067	Poultry salad sandwich spread	5.00
07089	Sausage, Italian, pork, cooked	5.00
07924	Bratwurst, pork, beef and turkey, lite, smoked	5.00
07931	Beerwurst, pork and beef	5.00
07951	Scrapple, pork	5.00
07954	Beef sausage, pre-cooked	5.00
07955	Turkey sausage, fresh, raw	5.00
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	5.00
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	5.00
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	5.00
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	5.00
09068	Cherries, sour, red, frozen, unsweetened	5.00
09143	Guava sauce, cooked	5.00
09191	Nectarines, raw	5.00
09219	Tangerines, (mandarin oranges), canned, juice pack	5.00
09220	Tangerines, (mandarin oranges), canned, light syrup pack	5.00
09221	Tangerine juice, raw	5.00
09223	Tangerine juice, canned, sweetened	5.00

NDB_No	Description	Folate, food(µg) Value Per
09267	Pineapple, canned, water pack, solids and liquids	5.00
09268	Pineapple, canned, juice pack, solids and liquids	5.00
09269	Pineapple, canned, light syrup pack, solids and liquids	5.00
09270	Pineapple, canned, heavy syrup pack, solids and liquids	5.00
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	5.00
09279	Plums, raw	5.00
09298	Raisins, seedless	5.00
09310	Rhubarb, frozen, cooked, with sugar	5.00
09354	Pineapple, canned, juice pack, drained	5.00
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	5.00
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	5.00
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	5.00
10024	Pork, fresh, loin, whole, separable lean only, raw	5.00
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	5.00
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	5.00
10072	Pork, fresh, shoulder, whole, separable lean only, raw	5.00
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	5.00
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	5.00
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	5.00
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	5.00
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	5.00
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	5.00
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	5.00
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	5.00
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	5.00
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	5.00
10174	Pork, fresh, variety meats and by-products, tail, raw	5.00
10185	Pork, cured, ham, extra lean and regular, canned, roasted	5.00
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	5.00
10219	Pork, fresh, ground, raw	5.00
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	5.00
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	5.00
11374	Potatoes, canned, solids and liquids	5.00
11533	Tomatoes, red, ripe, canned, stewed	5.00
11593	Waxgourd, (chinese preserving melon), raw	5.00
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	5.00

NDB_No	Description	Folate, food(µg) Value Per
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	5.00
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	5.00
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	5.00
13320	Beef, variety meats and by-products, brain, cooked, simmered	5.00
13322	Beef, variety meats and by-products, heart, cooked, simmered	5.00
13330	Beef, variety meats and by-products, mechanically separated beef, raw	5.00
13341	Beef, variety meats and by-products, tripe, raw	5.00
13344	Beef, cured, breakfast strips, raw or unheated	5.00
13346	Beef, cured, corned beef, brisket, raw	5.00
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	5.00
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	5.00
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	5.00
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	5.00
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	5.00
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	5.00
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	5.00
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	5.00
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	5.00
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	5.00
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	5.00
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	5.00
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	5.00
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	5.00
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	5.00
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	5.00
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	5.00
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	5.00
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	5.00
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	5.00
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	5.00
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	5.00
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	5.00
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	5.00
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	5.00
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	5.00
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	5.00

NDB_No	Description	Folate, food(µg) Value Per
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	5.00
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	5.00
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	5.00
14083	Beverages, chocolate malt, powder, prepared with fat free milk	5.00
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	5.00
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	5.00
14182	Beverages, chocolate syrup, prepared with whole milk	5.00
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	5.00
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	5.00
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	5.00
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	5.00
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	5.00
14355	Beverages, tea, black, brewed, prepared with tap water	5.00
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	5.00
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	5.00
14544	Beverages, tea, black, brewed, prepared with distilled water	5.00
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	5.00
15023	Fish, mahimahi, raw	5.00
15028	Fish, flatfish (flounder and sole species), raw	5.00
15043	Fish, herring, Pacific, raw	5.00
15048	Fish, mackerel, jack, canned, drained solids	5.00
15060	Fish, perch, mixed species, raw	5.00
15091	Fish, sea bass, mixed species, raw	5.00
15093	Fish, seatrout, mixed species, raw	5.00
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	5.00
15100	Fish, smelt, rainbow, cooked, dry heat	5.00
15101	Fish, snapper, mixed species, raw	5.00
15103	Fish, spot, raw	5.00
15119	Fish, tuna, light, canned in oil, drained solids	5.00
15124	Fish, tuna, white, canned in oil, drained solids	5.00
15134	Fish, wolffish, Atlantic, raw	5.00
15155	Mollusks, abalone, mixed species, raw	5.00
15156	Mollusks, abalone, mixed species, cooked, fried	5.00
15157	Mollusks, clam, mixed species, raw	5.00
15175	Mollusks, squid, mixed species, raw	5.00
15176	Mollusks, squid, mixed species, cooked, fried	5.00

NDB_No	Description	Folate, food(µg) Value Per
15183	Fish, tuna, light, canned in oil, without salt, drained solids	5.00
15185	Fish, tuna, white, canned in oil, without salt, drained solids	5.00
15211	Fish, salmon, chum, cooked, dry heat	5.00
15212	Fish, salmon, pink, cooked, dry heat	5.00
15232	Fish, roughy, orange, cooked, dry heat	5.00
16173	Frijoles rojos volteados (Refried beans, red, canned)	5.00
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	5.00
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	5.00
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	5.00
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	5.00
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	5.00
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	5.00
17163	Game meat, caribou, cooked, roasted	5.00
17168	Goat, raw	5.00
17169	Game meat, goat, cooked, roasted	5.00
17186	Lamb, variety meats and by-products, brain, cooked, braised	5.00
17209	Lamb, variety meats and by-products, mechanically separated, raw	5.00
17222	Veal, variety meats and by-products, tongue, raw	5.00
17270	Veal, breast, separable fat, cooked	5.00
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	5.00
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	5.00
18088	Cake, angelfood, dry mix, prepared	5.00
18102	Cake, white, prepared from recipe with coconut frosting	5.00
18186	Cookies, peanut butter, commercially prepared, soft-type	5.00
18271	Ice cream cones, cake or wafer-type	5.00
18306	Pie, blueberry, prepared from recipe	5.00
18313	Pie, coconut creme, commercially prepared	5.00
18322	Pie, mince, prepared from recipe	5.00
18363	Tortillas, ready-to-bake or -fry, corn	5.00
18453	Cake, yellow, light, dry mix	5.00
18524	ARCHWAY Home Style Cookies, Coconut Macaroon	5.00
19039	Snacks, popcorn, caramel-coated, without peanuts	5.00
19095	Ice creams, vanilla	5.00
19096	Ice creams, vanilla, light, soft-serve	5.00
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	5.00
19124	Baking chocolate, mexican, squares	5.00

NDB_No	Description	Folate, food(µg) Value Per
19144	Candies, NESTLE, 100 GRAND Bar	5.00
19265	Ice creams, chocolate, light, no sugar added	5.00
19281	Frozen novelties, ice type, italian, restaurant-prepared	5.00
01002	Butter, whipped, with salt	4.00
01052	Cream, fluid, light whipping	4.00
01053	Cream, fluid, heavy whipping	4.00
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4.00
01124	Egg, white, raw, fresh	4.00
01156	Cheese, goat, hard type	4.00
01199	Cream, half and half, fat free	4.00
01243	Fat free ice cream, no sugar added, flavors other than chocolate	4.00
01244	Milk dessert bar, frozen, made from lowfat milk	4.00
03047	Babyfood, dinner, beef noodle, strained	4.00
03066	Babyfood, dinner, vegetables and lamb, strained	4.00
03067	Babyfood, dinner, vegetables and lamb, junior	4.00
03082	Babyfood, dinner, turkey and rice, strained	4.00
03132	Babyfood, fruit, pears, strained	4.00
03133	Babyfood, fruit, pears, junior	4.00
03164	Babyfood, fruit, apple and blueberry, strained	4.00
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	4.00
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	4.00
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	4.00
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	4.00
03201	Babyfood, cereal, egg yolks and bacon, junior	4.00
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	4.00
03282	Babyfood, vegetables, mix vegetables junior	4.00
03286	Babyfood, vegetables, mix vegetables strained	4.00
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	4.00
04639	Salad dressing, ranch dressing, regular	4.00
04640	Salad dressing, ranch dressing, reduced fat	4.00
04641	Salad dressing, mayonnaise, light	4.00
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	4.00
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	4.00
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	4.00
05039	Chicken, broilers or fryers, light meat, meat only, raw	4.00
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	4.00

NDB_No	Description	Folate, food(µg) Value Per
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	4.00
05057	Chicken, broilers or fryers, breast, meat and skin, raw	4.00
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	4.00
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	4.00
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	4.00
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	4.00
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	4.00
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	4.00
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	4.00
05075	Chicken, broilers or fryers, leg, meat and skin, raw	4.00
05080	Chicken, broilers or fryers, leg, meat only, raw	4.00
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	4.00
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	4.00
05105	Chicken, broilers or fryers, wing, meat only, raw	4.00
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	4.00
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	4.00
05117	Chicken, roasting, light meat, meat only, raw	4.00
05129	Chicken, stewing, light meat, meat only, raw	4.00
05130	Chicken, stewing, light meat, meat only, cooked, stewed	4.00
05146	Goose, domesticated, meat and skin, raw	4.00
05155	Pheasant, breast, meat only, raw	4.00
05159	Quail, breast, meat only, raw	4.00
05162	Squab, (pigeon), light meat without skin, raw	4.00
05169	Turkey, skin from whole, (light and dark), raw	4.00
05236	Turkey, young hen, skin only, cooked, roasted	4.00
05277	Chicken, canned, meat only, with broth	4.00
05286	Turkey and gravy, frozen	4.00
05353	USDA Commodity, chicken fajita strips, frozen	4.00
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	4.00
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	4.00
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	4.00
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	4.00
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	4.00
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	4.00
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	4.00
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	4.00

NDB_No	Description	Folate, food(µg) Value Per
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	4.00
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	4.00
05698	Turkey, skin from whole (light and dark), with added solution, raw	4.00
06009	Soup, beef noodle, canned, condensed	4.00
06013	Soup, chicken broth, canned, condensed	4.00
06025	Soup, chicken vegetable, canned, condensed	4.00
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	4.00
06164	Sauce, salsa, ready-to-serve	4.00
06211	Soup, cheese, canned, prepared with equal volume milk	4.00
06248	Soup, oyster stew, canned, prepared with equal volume milk	4.00
06253	Soup, cream of potato, canned, prepared with equal volume milk	4.00
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	4.00
06426	Soup, chili beef, canned, prepared with equal volume water	4.00
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	4.00
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	4.00
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	4.00
06471	Soup, vegetable beef, canned, prepared with equal volume water	4.00
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	4.00
06547	Soup, beef mushroom, canned, prepared with equal volume water	4.00
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	4.00
06930	Sauce, cheese, ready-to-serve	4.00
06955	Soup, cream of chicken, canned, condensed, reduced sodium	4.00
06963	Fish broth	4.00
06985	Gravy, HEINZ Home Style, savory beef	4.00
07024	Frankfurter, chicken	4.00
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	4.00
07081	Turkey breast, sliced, prepackaged	4.00
07083	Sausage, Vienna, canned, chicken, beef, pork	4.00
07088	Honey roll sausage, beef	4.00
07209	OSCAR MAYER, Chicken Breast (honey glazed)	4.00
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	4.00
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	4.00
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	4.00
07914	Sausage, Italian, sweet, links	4.00
07916	Sausage, Polish, pork and beef, smoked	4.00
07919	Sausage, turkey, breakfast links, mild	4.00

NDB_No	Description	Folate, food(µg) Value Per
07922	Bratwurst, beef and pork, smoked	4.00
07937	Bologna, pork, turkey and beef	4.00
07944	Turkey, white, rotisserie, deli cut	4.00
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	4.00
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	4.00
08025	Cereals ready-to-eat, RALSTON CRISP RICE	4.00
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	4.00
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	4.00
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	4.00
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	4.00
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	4.00
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	4.00
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	4.00
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	4.00
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	4.00
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	4.00
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	4.00
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	4.00
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	4.00
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	4.00
09070	Cherries, sweet, raw	4.00
09071	Cherries, sweet, canned, water pack, solids and liquids	4.00
09072	Cherries, sweet, canned, juice pack, solids and liquids	4.00
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	4.00
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	4.00
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	4.00
09076	Cherries, sweet, frozen, sweetened	4.00
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	4.00
09131	Grapes, american type (slip skin), raw	4.00
09236	Peaches, yellow, raw	4.00
09291	Plums, dried (prunes), uncooked	4.00
09319	Strawberries, frozen, sweetened, whole	4.00
09519	Guava nectar, with sucralose, canned	4.00
09523	Lemon juice from concentrate, bottled, CONCORD	4.00
10001	Pork, fresh, carcass, separable lean and fat, raw	4.00
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	4.00

NDB_No	Description	Folate, food(µg) Value Per
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	4.00
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	4.00
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	4.00
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	4.00
10103	Pork, fresh, variety meats and by-products, heart, raw	4.00
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	4.00
10117	Pork, fresh, variety meats and by-products, spleen, raw	4.00
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	4.00
10121	Pork, fresh, variety meats and by-products, tongue, raw	4.00
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	4.00
10130	Canadian bacon, unprepared	4.00
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	4.00
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	4.00
10152	Pork, cured, ham, whole, separable lean only, unheated	4.00
10153	Pork, cured, ham, whole, separable lean only, roasted	4.00
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	4.00
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	4.00
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	4.00
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	4.00
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	4.00
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	4.00
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	4.00
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	4.00
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	4.00
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	4.00
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	4.00
10998	Canadian bacon, cooked, pan-fried	4.00
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	4.00
11390	Potatoes, hash brown, frozen, plain, unprepared	4.00
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	4.00
11655	Carrot juice, canned	4.00
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	4.00
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	4.00
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	4.00
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.00
13333	Beef, variety meats and by-products, spleen, raw	4.00

NDB_No	Description	Folate, food(µg) Value Per
13334	Beef, variety meats and by-products, spleen, cooked, braised	4.00
13357	Beef, cured, sausage, cooked, smoked	4.00
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	4.00
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	4.00
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	4.00
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.00
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	4.00
14056	Beverages, Acai berry drink, fortified	4.00
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	4.00
14239	Alcoholic beverage, malt beer, hard lemonade	4.00
14252	Beverages, Malt liquor beverage	4.00
14264	Beverages, fruit punch drink, without added nutrients, canned	4.00
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	4.00
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	4.00
15079	Fish, salmon, chum, raw	4.00
15083	Fish, salmon, pink, raw	4.00
15087	Fish, salmon, sockeye, canned, drained solids	4.00
15099	Fish, smelt, rainbow, raw	4.00
15121	Fish, tuna, light, canned in water, drained solids	4.00
15135	Fish, yellowtail, mixed species, raw	4.00
15184	Fish, tuna, light, canned in water, without salt, drained solids	4.00
15225	Fish, yellowtail, mixed species, cooked, dry heat	4.00
15260	Fish, salmon, pink, canned, drained solids	4.00
15264	Salmon, sockeye, canned, drained solids, without skin and bones	4.00
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	4.00
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	4.00
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	4.00
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	4.00
17092	Veal, composite of trimmed retail cuts, separable fat, raw	4.00
17162	Game meat, caribou, raw	4.00
17164	Game meat, deer, raw	4.00
17173	Game meat, moose, cooked, roasted	4.00
17214	Lamb, variety meats and by-products, spleen, raw	4.00
17215	Lamb, variety meats and by-products, spleen, cooked, braised	4.00
17216	Veal, variety meats and by-products, spleen, raw	4.00
17217	Veal, variety meats and by-products, spleen, cooked, braised	4.00

NDB_No	Description	Folate, food(µg) Value Per
17220	Lamb, variety meats and by-products, tongue, raw	4.00
17343	Game meat, deer, ground, raw	4.00
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	4.00
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	4.00
18202	Cookies, sugar wafer, with creme filling, sugar free	4.00
18210	Cookies, vanilla sandwich with creme filling	4.00
18272	Ice cream cones, sugar, rolled-type	4.00
18301	Pie, apple, commercially prepared, enriched flour	4.00
18302	Pie, apple, prepared from recipe	4.00
18305	Pie, blueberry, commercially prepared	4.00
18314	Pie, coconut cream, prepared from mix, no-bake type	4.00
18316	Pie, coconut custard, commercially prepared	4.00
18323	Pie, peach	4.00
18443	Pie, apple, commercially prepared, unenriched flour	4.00
18451	Cake, pound, commercially prepared, fat-free	4.00
19013	Snacks, fruit leather, pieces	4.00
19074	Candies, caramels	4.00
19097	Sherbet, orange	4.00
19100	Candies, fudge, chocolate, prepared-from-recipe	4.00
19114	Ice creams, chocolate, light	4.00
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	4.00
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	4.00
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	4.00
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	4.00
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	4.00
19186	Desserts, apple crisp, prepared-from-recipe	4.00
19188	Puddings, chocolate, dry mix, regular	4.00
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	4.00
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	4.00
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	4.00
19193	Puddings, rice, ready-to-eat	4.00
19195	Puddings, rice, dry mix, prepared with whole milk	4.00
19199	Puddings, tapioca, dry mix, prepared with whole milk	4.00
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	4.00
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	4.00
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	4.00

NDB_No	Description	Folate, food(µg) Value Per
19208	Puddings, rice, dry mix, prepared with 2% milk	4.00
19209	Puddings, tapioca, dry mix, prepared with 2% milk	4.00
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	4.00
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	4.00
19260	Ice creams, vanilla, light, no sugar added	4.00
19314	Pie fillings, canned, cherry	4.00
19319	Puddings, banana, dry mix, instant, prepared with whole milk	4.00
19321	Puddings, banana, dry mix, regular, prepared with whole milk	4.00
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	4.00
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	4.00
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	4.00
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	4.00
19348	Syrups, chocolate, fudge-type	4.00
19436	Popcorn, sugar syrup/caramel, fat-free	4.00
20015	Corn bran, crude	4.00
20041	Rice, brown, medium-grain, cooked	4.00
20061	Rice flour, white, unenriched	4.00
20068	Tapioca, pearl, dry	4.00
20651	Rice, brown, parboiled, cooked, UNCLE BENS	4.00
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	4.00
20657	Pasta, gluten-free, corn and rice flour, cooked	4.00
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	4.00
21398	Fast foods, cheeseburger; single, large patty; with condiments	4.00
22914	Pasta with tomato sauce, no meat, canned	4.00
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	4.00
23094	Beef, chuck for stew, separable lean and fat, select, raw	4.00
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	4.00
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	4.00
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	4.00
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	4.00
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.00
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	4.00
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	4.00
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	4.00
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	4.00
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	4.00

NDB_No	Description	Folate, food(µg) Value Per
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	4.00
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.00
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	4.00
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	4.00
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.00
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	4.00
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	4.00
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.00
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	4.00
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	4.00
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.00
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	4.00
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	4.00
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	4.00
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	4.00
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	4.00
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	4.00
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	4.00
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	4.00
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	4.00
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	4.00
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.00
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	4.00
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	4.00
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.00
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	4.00
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	4.00
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.00
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	4.00
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	4.00
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.00
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	4.00
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	4.00
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	4.00
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	4.00
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	4.00

NDB_No	Description	Folate, food(µg) Value Per
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	4.00
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	4.00
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	4.00
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	4.00
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	4.00
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	4.00
23477	Beef, ground, 97% lean meat / 3% fat, raw	4.00
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	4.00
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	4.00
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	4.00
28330	Cookies, marshmallow, with rice cereal and chocolate chips	4.00
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	4.00
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	4.00
36417	Restaurant, Mexican, spanish rice	4.00
42137	Salad dressing, peppercorn dressing, commercial, regular	4.00
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	4.00
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	4.00
42179	Frankfurter, beef, low fat	4.00
42187	Frozen yogurts, flavors other than chocolate	4.00
42270	Beverages, Orange juice drink	4.00
43017	Salad dressing, green goddess, regular	4.00
43046	Candies, nougat, with almonds	4.00
43098	Pie fillings, cherry, low calorie	4.00
43215	Salad dressing, buttermilk, lite	4.00
43408	Babyfood, juice, pear	4.00
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	4.00
43507	Frankfurter, low sodium	4.00
43550	Babyfood, banana apple dessert, strained	4.00
19362	Syrups, table blends, corn, refiner, and sugar	3.00
19701	Candies, semisweet chocolate, made with butter	3.00
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	3.00
19924	Syrup, NESTLE, chocolate	3.00
20045	Rice, white, long-grain, regular, enriched, cooked	3.00
20047	Rice, white, long-grain, parboiled, enriched, cooked	3.00
20133	Rice noodles, dry	3.00
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	3.00

NDB_No	Description	Folate, food(µg) Value Per
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	3.00
20447	Rice, white, long-grain, parboiled, unenriched, cooked	3.00
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	3.00
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	3.00
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	3.00
22529	Beef Pot Pie, frozen entree, prepared	3.00
22916	Lasagna with meat & sauce, frozen entree	3.00
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	3.00
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.00
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	3.00
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.00
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	3.00
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	3.00
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	3.00
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	3.00
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	3.00
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	3.00
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	3.00
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	3.00
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	3.00
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	3.00
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	3.00
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	3.00
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	3.00
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	3.00
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	3.00
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	3.00
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	3.00
23095	Beef, chuck for stew, separable lean and fat, choice, raw	3.00
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	3.00
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	3.00
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	3.00
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	3.00
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	3.00
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	3.00
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	3.00

NDB_No	Description	Folate, food(µg) Value Per
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	3.00
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	3.00
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	3.00
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	3.00
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	3.00
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	3.00
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	3.00
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	3.00
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	3.00
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	3.00
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	3.00
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	3.00
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	3.00
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	3.00
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	3.00
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	3.00
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	3.00
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	3.00
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	3.00
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	3.00
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	3.00
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	3.00
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	3.00
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	3.00
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	3.00
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	3.00
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	3.00
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.00
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.00
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	3.00
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.00
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.00
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	3.00
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	3.00
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	3.00
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	3.00

NDB_No	Description	Folate, food(µg) Value Per
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	3.00
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	3.00
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	3.00
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	3.00
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	3.00
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	3.00
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	3.00
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	3.00
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	3.00
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	3.00
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	3.00
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	3.00
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	3.00
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	3.00
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	3.00
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.00
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.00
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	3.00
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.00
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.00
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	3.00
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	3.00
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	3.00
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	3.00
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	3.00
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	3.00
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	3.00
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	3.00
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.00
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.00
23640	Beef, variety meats and by-products, tripe, cooked, simmered	3.00
28309	Cookies, coconut macaroon	3.00
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	3.00
35203	Rose Hips, wild (Northern Plains Indians)	3.00
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	3.00
42135	Whipped topping, frozen, low fat	3.00

NDB_No	Description	Folate, food(µg) Value Per
42140	Salad dressing, italian dressing, reduced calorie	3.00
42266	Babyfood, juice, apple-sweet potato	3.00
42280	Frankfurter, meat and poultry, low fat	3.00
43006	Babyfood, fruit, tutti frutti, strained	3.00
43007	Babyfood, fruit, tutti frutti, junior	3.00
43008	Babyfood, dinner, chicken and rice	3.00
43020	Salad dressing, blue or roquefort cheese, low calorie	3.00
43027	Jellies, no sugar (with sodium saccharin), any flavors	3.00
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	3.00
43326	Pork, cured, ham, low sodium, lean and fat, cooked	3.00
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	3.00
01001	Butter, salted	3.00
01049	Cream, fluid, half and half	3.00
01054	Cream, whipped, cream topping, pressurized	3.00
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	3.00
01145	Butter, without salt	3.00
01264	Ice cream bar, stick or nugget, with crunch coating	3.00
03012	Babyfood, meat, chicken, strained	3.00
03021	Babyfood, meat, meat sticks, junior	3.00
03048	Babyfood, macaroni and cheese, toddler	3.00
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	3.00
03053	Babyfood, dinner, vegetables and beef, strained	3.00
03054	Babyfood, dinner, vegetables and beef, junior	3.00
03059	Babyfood, dinner, vegetables and bacon, strained	3.00
03061	Babyfood, dinner, vegetables and ham, strained	3.00
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	3.00
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	3.00
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	3.00
03147	Babyfood, fruit, applesauce with banana, junior	3.00
03158	Babyfood, fruit, pears and pineapple, strained	3.00
03159	Babyfood, fruit, pears and pineapple, junior	3.00
03165	Babyfood, fruit, apple and blueberry, junior	3.00
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	3.00
03197	Babyfood, cereal, with egg yolks, strained	3.00
03198	Babyfood, cereal, with egg yolks, junior	3.00
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	3.00

NDB_No	Description	Folate, food(µg) Value Per
03238	Babyfood, dessert, tropical fruit, junior	3.00
03274	Babyfood, dinner, vegetables and chicken, junior	3.00
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	3.00
04021	Salad dressing, italian dressing, commercial, reduced fat	3.00
04022	Salad dressing, russian dressing, low calorie	3.00
04028	Salad dressing, mayonnaise, imitation, milk cream	3.00
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	3.00
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	3.00
04704	Salad dressing, poppyseed, creamy	3.00
05015	Chicken, broilers or fryers, skin only, raw	3.00
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	3.00
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	3.00
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	3.00
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	3.00
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	3.00
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	3.00
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	3.00
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	3.00
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	3.00
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	3.00
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	3.00
05118	Chicken, roasting, light meat, meat only, cooked, roasted	3.00
05307	Chicken, cornish game hens, meat and skin, raw	3.00
05309	Chicken, cornish game hens, meat only, raw	3.00
05673	Chicken, skin (drumsticks and thighs), cooked, braised	3.00
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	3.00
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	3.00
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	3.00
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	3.00
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	3.00
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	3.00
06011	Soup, cheese, canned, condensed	3.00
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	3.00
06056	Soup, cream of shrimp, canned, condensed	3.00
06183	Soup, chicken broth, less/reduced sodium, ready to serve	3.00
06210	Soup, cream of celery, canned, prepared with equal volume milk	3.00

NDB_No	Description	Folate, food(µg) Value Per
06216	Soup, cream of chicken, canned, prepared with equal volume milk	3.00
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	3.00
06249	Soup, pea, green, canned, prepared with equal volume milk	3.00
06446	Soup, cream of onion, canned, prepared with equal volume water	3.00
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	3.00
07003	Beerwurst, beer salami, pork	3.00
07007	Bologna, beef	3.00
07013	Bratwurst, pork, cooked	3.00
07016	Cheesefurter, cheese smokie, pork, beef	3.00
07018	Chicken spread	3.00
07032	Ham and cheese loaf or roll	3.00
07033	Ham and cheese spread	3.00
07050	Mortadella, beef, pork	3.00
07069	Salami, cooked, beef and pork	3.00
07090	Luncheon sausage, pork and beef	3.00
07212	OSCAR MAYER, Ham (chopped with natural juice)	3.00
07230	OSCAR MAYER, Salami (hard)	3.00
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	3.00
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	3.00
07917	Sausage, pork and beef, with cheddar cheese, smoked	3.00
07920	Swisswurst, pork and beef, with swiss cheese, smoked	3.00
07935	Oven-roasted chicken breast roll	3.00
07939	Frankfurter, pork	3.00
07956	Beef sausage, fresh, cooked	3.00
08101	Cereals, CREAM OF RICE, cooked with water, without salt	3.00
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	3.00
08168	Cereals, CREAM OF RICE, cooked with water, with salt	3.00
09003	Apples, raw, with skin	3.00
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	3.00
09033	Apricots, dried, sulfured, stewed, without added sugar	3.00
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	3.00
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	3.00
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	3.00
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	3.00
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	3.00
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	3.00

NDB_No	Description	Folate, food(µg) Value Per
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	3.00
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	3.00
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	3.00
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	3.00
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	3.00
09109	Gooseberries, canned, light syrup pack, solids and liquids	3.00
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	3.00
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	3.00
09195	Olives, pickled, canned or bottled, green	3.00
09237	Peaches, canned, water pack, solids and liquids	3.00
09238	Peaches, canned, juice pack, solids and liquids	3.00
09239	Peaches, canned, extra light syrup, solids and liquids	3.00
09240	Peaches, canned, light syrup pack, solids and liquids	3.00
09241	Peaches, canned, heavy syrup pack, solids and liquids	3.00
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	3.00
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	3.00
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	3.00
09250	Peaches, frozen, sliced, sweetened	3.00
09281	Plums, canned, purple, water pack, solids and liquids	3.00
09282	Plums, canned, purple, juice pack, solids and liquids	3.00
09283	Plums, canned, purple, light syrup pack, solids and liquids	3.00
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	3.00
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	3.00
09296	Quinces, raw	3.00
09297	Raisins, golden seedless	3.00
09299	Raisins, seeded	3.00
09326	Watermelon, raw	3.00
09351	Fruit cocktail, canned, heavy syrup, drained	3.00
09379	Plums, canned, heavy syrup, drained	3.00
09401	Applesauce, canned, unsweetened, with added ascorbic acid	3.00
09435	Guava nectar, canned, with added ascorbic acid	3.00
09450	Naranjilla (lulo) pulp, frozen, unsweetened	3.00
09451	Horned melon (Kiwano)	3.00
09500	Apples, raw, red delicious, with skin	3.00
09501	Apples, raw, golden delicious, with skin	3.00
09502	Apples, raw, granny smith, with skin	3.00

NDB_No	Description	Folate, food(µg) Value Per
09503	Apples, raw, gala, with skin	3.00
09504	Apples, raw, fuji, with skin	3.00
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	3.00
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	3.00
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	3.00
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	3.00
10112	Pork, fresh, variety meats and by-products, lungs, raw	3.00
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	3.00
10115	Pork, fresh, variety meats and by-products, pancreas, raw	3.00
10119	Pork, fresh, variety meats and by-products, stomach, raw	3.00
10128	Pork, cured, breakfast strips, raw or unheated	3.00
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	3.00
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	3.00
10146	Pork, cured, ham, patties, unheated	3.00
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	3.00
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	3.00
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	3.00
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	3.00
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	3.00
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	3.00
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	3.00
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	3.00
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	3.00
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	3.00
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	3.00
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	3.00
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	3.00
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	3.00
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	3.00
11028	Bamboo shoots, canned, drained solids	3.00
11108	Butterbur, canned	3.00
11142	Celeriac, cooked, boiled, drained, without salt	3.00
11215	Garlic, raw	3.00
11522	Taro shoots, raw	3.00
11523	Taro shoots, cooked, without salt	3.00
11763	Celeriac, cooked, boiled, drained, with salt	3.00

NDB_No	Description	Folate, food(µg) Value Per
11880	Taro, shoots, cooked, with salt	3.00
11963	Nopales, raw	3.00
11964	Nopales, cooked, without salt	3.00
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	3.00
12119	Nuts, coconut water (liquid from coconuts)	3.00
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	3.00
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	3.00
13318	Beef, variety meats and by-products, brain, raw	3.00
13321	Beef, variety meats and by-products, heart, raw	3.00
13331	Beef, variety meats and by-products, pancreas, raw	3.00
13332	Beef, variety meats and by-products, pancreas, cooked, braised	3.00
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	3.00
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	3.00
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	3.00
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	3.00
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	3.00
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	3.00
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	3.00
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	3.00
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	3.00
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	3.00
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	3.00
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	3.00
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	3.00
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	3.00
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	3.00
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	3.00
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	3.00
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	3.00
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	3.00
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.00
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	3.00
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	3.00
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	3.00
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	3.00
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	3.00

NDB_No	Description	Folate, food(µg) Value Per
14268	Beverages, Fruit punch drink, frozen concentrate	3.00
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	3.00
14428	Beverages, shake, fast food, strawberry	3.00
14620	Beverages, V8 V-FUSION Juices, Peach Mango	3.00
14621	Beverages, V8 V-FUSION Juices, Strawberry Banana	3.00
14622	Beverages, V8 V-FUSION Juices, Tropical	3.00
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	3.00
15030	Fish, gefiltefish, commercial, sweet recipe	3.00
15065	Fish, pollock, Atlantic, raw	3.00
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	3.00
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	3.00
15095	Fish, shark, mixed species, raw	3.00
15205	Fish, pollock, Atlantic, cooked, dry heat	3.00
15253	Salmon, sockeye, canned, total can contents	3.00
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	3.00
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	3.00
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	3.00
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	3.00
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	3.00
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	3.00
17104	Veal, loin, separable lean and fat, raw	3.00
17107	Veal, loin, separable lean only, raw	3.00
17128	Veal, shoulder, blade chop, separable lean and fat, raw	3.00
17131	Veal, shoulder, blade chop, separable lean only, raw	3.00
17142	Veal, ground, raw	3.00
17185	Lamb, variety meats and by-products, brain, raw	3.00
17188	Veal, variety meats and by-products, brain, raw	3.00
17189	Veal, variety meats and by-products, brain, cooked, braised	3.00
17212	Veal, variety meats and by-products, pancreas, raw	3.00
17213	Veal, variety meats and by-products, pancreas, cooked, braised	3.00
17221	Lamb, variety meats and by-products, tongue, cooked, braised	3.00
17428	Veal, shank, separable lean only, raw	3.00
17435	Veal, shank, separable lean and fat, raw	3.00
18086	Cake, angelfood, commercially prepared	3.00
18110	Cake, fruitcake, commercially prepared	3.00
18166	Cookies, chocolate sandwich, with creme filling, regular	3.00

NDB_No	Description	Folate, food(µg) Value Per
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	3.00
18196	Cookies, brownies, dry mix, sugar free	3.00
18312	Pie, chocolate mousse, prepared from mix, no-bake type	3.00
18319	Pie, fried pies, fruit	3.00
18444	Pie, fried pies, cherry	3.00
18445	Pie, fried pies, lemon	3.00
19005	Snacks, corn-based, extruded, cones, plain	3.00
19081	Candies, sweet chocolate	3.00
19083	Candies, sweet chocolate coated fondant	3.00
19172	Gelatin desserts, dry mix	3.00
19183	Puddings, chocolate, ready-to-eat	3.00
19184	Puddings, chocolate, dry mix, instant	3.00
19218	Puddings, tapioca, ready-to-eat	3.00
19233	Puddings, vanilla, ready-to-eat, fat free	3.00
19235	Puddings, chocolate, ready-to-eat, fat free	3.00
19240	Frostings, chocolate, creamy, dry mix	3.00
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	3.00
19246	Frostings, white, fluffy, dry mix	3.00
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	3.00
19268	Candies, dark chocolate coated coffee beans	3.00
01050	Cream, fluid, light (coffee cream or table cream)	2.00
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	2.00
01112	Whey, acid, fluid	2.00
01157	Cheese, goat, semisoft type	2.00
01167	Cheese, mexican, queso chihuahua	2.00
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	2.00
01241	Ice cream sandwich, made with light ice cream, vanilla	2.00
01242	Ice cream sandwich, vanilla, light, no sugar added	2.00
03007	Babyfood, meat, pork, strained	2.00
03008	Babyfood, meat, ham, strained	2.00
03009	Babyfood, meat, ham, junior	2.00
03011	Babyfood, meat, lamb, junior	2.00
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	2.00
03090	Babyfood, dinner, macaroni and cheese, junior	2.00
03116	Babyfood, fruit, applesauce, strained	2.00
03117	Babyfood, fruit, applesauce, junior	2.00

NDB_No	Description	Folate, food(µg) Value Per
03118	Babyfood, fruit, apricot with tapioca, strained	2.00
03128	Babyfood, fruit, apricot with tapioca, junior	2.00
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	2.00
03142	Babyfood, fruit, applesauce and apricots, strained	2.00
03150	Babyfood, fruit, applesauce and pineapple, strained	2.00
03151	Babyfood, fruit, applesauce and pineapple, junior	2.00
03154	Babyfood, fruit and vegetable, apple and sweet potato	2.00
03160	Babyfood, fruit, guava and papaya with tapioca, strained	2.00
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	2.00
03222	Babyfood, cherry cobbler, junior	2.00
03227	Babyfood, dessert, peach cobbler, strained	2.00
03228	Babyfood, dessert, peach cobbler, junior	2.00
03229	Babyfood, dessert, peach melba, strained	2.00
03230	Babyfood, dessert, peach melba, junior	2.00
03289	Babyfood, apples with ham, strained	2.00
04020	Salad dressing, french dressing, reduced fat	2.00
04142	Salad dressing, french dressing, reduced fat, without salt	2.00
04585	Margarine-like, margarine-butter blend, soybean oil and butter	2.00
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	2.00
04630	Margarine Spread, approximately 48% fat, tub	2.00
04686	Salad dressing, honey mustard dressing, reduced calorie	2.00
04705	Salad dressing, caesar, fat-free	2.00
05018	Chicken, broilers or fryers, skin only, cooked, roasted	2.00
05019	Chicken, broilers or fryers, skin only, cooked, stewed	2.00
05147	Goose, domesticated, meat and skin, cooked, roasted	2.00
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	2.00
05310	Chicken, cornish game hens, meat only, cooked, roasted	2.00
05311	Chicken, canned, no broth	2.00
05333	Chicken, ground, crumbles, cooked, pan-browned	2.00
05674	Chicken, skin (drumsticks and thighs), raw	2.00
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	2.00
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	2.00
06008	Soup, beef broth or bouillon canned, ready-to-serve	2.00
06010	Soup, cream of celery, canned, condensed	2.00
06015	Soup, chicken, canned, chunky, ready-to-serve	2.00
06016	Soup, cream of chicken, canned, condensed	2.00

NDB_No	Description	Folate, food(µg) Value Per
06022	Soup, chicken rice, canned, chunky, ready-to-serve	2.00
06043	Soup, cream of mushroom, canned, condensed	2.00
06048	Soup, oyster stew, canned, condensed	2.00
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	2.00
06051	Soup, pea, split with ham, canned, condensed	2.00
06053	Soup, cream of potato, canned, condensed	2.00
06114	Gravy, au jus, canned	2.00
06116	Gravy, beef, canned, ready-to-serve	2.00
06119	Gravy, chicken, canned or bottled, ready-to-serve	2.00
06125	Gravy, turkey, canned, ready-to-serve	2.00
06149	Soup, chicken mushroom, canned, condensed	2.00
06150	Sauce, barbecue	2.00
06170	Soup, stock, beef, home-prepared	2.00
06174	Soup, stock, fish, home-prepared	2.00
06188	Soup, beef broth, less/reduced sodium, ready to serve	2.00
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	2.00
06409	Soup, beef noodle, canned, prepared with equal volume water	2.00
06411	Soup, cheese, canned, prepared with equal volume water	2.00
06413	Soup, chicken broth, canned, prepared with equal volume water	2.00
06417	Soup, chicken gumbo, canned, prepared with equal volume water	2.00
06419	Soup, chicken noodle, canned, prepared with equal volume water	2.00
06442	Soup, mushroom barley, canned, prepared with equal volume water	2.00
06456	Soup, cream of shrimp, canned, prepared with equal volume water	2.00
06466	Soup, turkey vegetable, canned, prepared with equal volume water	2.00
06483	Soup, cream of chicken, dry, mix, prepared with water	2.00
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	2.00
07019	Chorizo, pork and beef	2.00
07034	Headcheese, pork	2.00
07038	Knackwurst, knockwurst, pork, beef	2.00
07051	Olive loaf, pork	2.00
07056	Peppered loaf, pork, beef	2.00
07059	Polish sausage, pork	2.00
07060	Luxury loaf, pork	2.00
07062	Picnic loaf, pork, beef	2.00
07063	Pork sausage, link/patty, unprepared	2.00
07065	Pork and beef sausage, fresh, cooked	2.00

NDB_No	Description	Folate, food(µg) Value Per
07068	Salami, cooked, beef	2.00
07071	Salami, dry or hard, pork	2.00
07073	Sandwich spread, pork, beef	2.00
07075	Sausage, smoked link sausage, pork and beef	2.00
07077	Smoked link sausage, pork and beef, nonfat dry milk added	2.00
07078	Thuringer, cervelat, summer sausage, beef, pork	2.00
07915	Sausage, Polish, beef with chicken, hot	2.00
07921	Bacon and beef sticks	2.00
07926	Salami, Italian, pork	2.00
07938	Ham, honey, smoked, cooked	2.00
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	2.00
07965	Pork sausage, link/patty, reduced fat, unprepared	2.00
07978	Pork sausage, reduced sodium, cooked	2.00
09022	Apricots, canned, water pack, with skin, solids and liquids	2.00
09023	Apricots, canned, water pack, without skin, solids and liquids	2.00
09024	Apricots, canned, juice pack, with skin, solids and liquids	2.00
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	2.00
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	2.00
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	2.00
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	2.00
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	2.00
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	2.00
09035	Apricots, frozen, sweetened	2.00
09052	Blueberries, canned, heavy syrup, solids and liquids	2.00
09090	Figs, canned, water pack, solids and liquids	2.00
09091	Figs, canned, light syrup pack, solids and liquids	2.00
09092	Figs, canned, heavy syrup pack, solids and liquids	2.00
09129	Grapes, muscadine, raw	2.00
09132	Grapes, red or green (European type, such as Thompson seedless), raw	2.00
09229	Papaya nectar, canned	2.00
09289	Prunes, dehydrated (low-moisture), uncooked	2.00
09352	Blueberries, canned, light syrup, drained	2.00
09357	Apricots, canned, heavy syrup, drained	2.00
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	2.00
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	2.00
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	2.00

NDB_No	Description	Folate, food(µg) Value Per
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	2.00
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	2.00
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	2.00
10860	Pork, cured, bacon, cooked, baked	2.00
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	2.00
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	2.00
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	2.00
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	2.00
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	2.00
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	2.00
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	2.00
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	2.00
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	2.00
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	2.00
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	2.00
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	2.00
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	2.00
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	2.00
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	2.00
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	2.00
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	2.00
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	2.00
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	2.00
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	2.00
10972	Pork, ground, 84% lean / 16% fat, raw	2.00
10973	Pork, ground, 96% lean / 4% fat, raw	2.00
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	2.00
11027	Bamboo shoots, cooked, boiled, drained, without salt	2.00
11239	Mushrooms, Chanterelle, raw	2.00
11286	Onions, yellow, sauteed	2.00
11339	Peppers, sweet, green, sauteed	2.00
11712	Bamboo shoots, cooked, boiled, drained, with salt	2.00
11757	Carrots, cooked, boiled, drained, with salt	2.00
11921	Peppers, sweet, red, sauteed	2.00
13166	USDA Commodity, beef, canned	2.00
13337	Beef, variety meats and by-products, thymus, raw	2.00

NDB_No	Description	Folate, food(µg) Value Per
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	2.00
14181	Beverages, chocolate syrup	2.00
14209	Beverages, coffee, brewed, prepared with tap water	2.00
14323	Beverages, orange drink, canned, with added vitamin C	2.00
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	2.00
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	2.00
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	2.00
14639	Beverages, rice milk, unsweetened	2.00
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	2.00
15005	Fish, bluefish, raw	2.00
15014	Fish, cisco, smoked	2.00
15022	Fish, cusk, raw	2.00
15041	Fish, herring, Atlantic, pickled	2.00
15047	Fish, mackerel, Atlantic, cooked, dry heat	2.00
15050	Fish, mackerel, Pacific and jack, mixed species, raw	2.00
15077	Fish, salmon, chinook, smoked	2.00
15109	Fish, surimi	2.00
15110	Fish, swordfish, raw	2.00
15111	Fish, swordfish, cooked, dry heat	2.00
15117	Fish, tuna, fresh, bluefin, raw	2.00
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	2.00
15126	Fish, tuna, white, canned in water, drained solids	2.00
15127	Fish, tuna, fresh, yellowfin, raw	2.00
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	2.00
15162	Mollusks, clam, mixed species, canned, liquid	2.00
15174	Mollusks, scallop, mixed species, imitation, made from surimi	2.00
15179	Fish, salmon, chinook, smoked, (lox), regular	2.00
15186	Fish, tuna, white, canned in water, without salt, drained solids	2.00
15189	Fish, bluefish, cooked, dry heat	2.00
15193	Fish, cusk, cooked, dry heat	2.00
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	2.00
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	2.00
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	2.00
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	2.00
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	2.00
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	2.00

NDB_No	Description	Folate, food(µg) Value Per
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	2.00
17191	Lamb, variety meats and by-products, heart, raw	2.00
17192	Lamb, variety meats and by-products, heart, cooked, braised	2.00
17193	Veal, variety meats and by-products, heart, raw	2.00
17194	Veal, variety meats and by-products, heart, cooked, braised	2.00
18160	Cookies, chocolate chip, commercially prepared, soft-type	2.00
18961	Crackers, cream, GAMESA SABROSAS	2.00
18993	BEAR NAKED, Double Chocolate Cookies	2.00
19014	Snacks, fruit leather, rolls	2.00
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	2.00
19136	Candies, HERSHEY'S SKOR Toffee Bar	2.00
19201	Puddings, vanilla, ready-to-eat	2.00
19227	Frostings, coconut-nut, ready-to-eat	2.00
19234	Puddings, tapioca, ready-to-eat, fat free	2.00
19247	Frostings, white, fluffy, dry mix, prepared with water	2.00
19296	Honey	2.00
19300	Jellies	2.00
19322	Puddings, coconut cream, dry mix, instant	2.00
19324	Puddings, coconut cream, dry mix, regular	2.00
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	2.00
19364	Toppings, butterscotch or caramel	2.00
19366	Toppings, pineapple	2.00
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	2.00
19383	Candies, toffee, prepared-from-recipe	2.00
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	2.00
20048	Rice, white, long-grain, precooked or instant, enriched, dry	2.00
20051	Rice, white, medium-grain, enriched, cooked	2.00
20053	Rice, white, short-grain, enriched, cooked	2.00
20117	Noodles, japanese, somen, cooked	2.00
20451	Rice, white, medium-grain, cooked, unenriched	2.00
20453	Rice, white, short-grain, cooked, unenriched	2.00
21335	McDONALD'S, Hot Caramel Sundae	2.00
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	2.00
22247	Macaroni and Cheese, canned entree	2.00
22972	Pulled pork in barbecue sauce	2.00
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	2.00

NDB_No	Description	Folate, food(µg) Value Per
27046	Sauce, duck, ready-to-serve	2.00
35204	Chokecherries, raw, pitted (Northern Plains Indians)	2.00
42171	Salad dressing, french dressing, reduced calorie	2.00
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	2.00
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	2.00
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	2.00
43015	Salad dressing, caesar dressing, regular	2.00
43019	Salad dressing, sweet and sour	2.00
43021	Salad dressing, caesar, low calorie	2.00
43297	Pork, oriental style, dehydrated	2.00
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	2.00
43523	Babyfood, mixed fruit yogurt, strained	2.00
19365	Toppings, marshmallow cream	1.00
19375	Frostings, glaze, prepared-from-recipe	1.00
19387	Frozen novelties, ice type, pineapple-coconut	1.00
19719	Jams and preserves, apricot	1.00
19919	Candies, fruit snacks, with high vitamin C	1.00
20030	Hominy, canned, white	1.00
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	1.00
20055	Rice, white, glutinous, unenriched, cooked	1.00
20134	Rice noodles, cooked	1.00
20330	Hominy, canned, yellow	1.00
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	1.00
27066	Sauce, horseradish	1.00
31033	Ginger root, pickled, canned, with artificial sweetener	1.00
35206	Plums, wild (Northern Plains Indians)	1.00
36411	Restaurant, Latino, tamale, corn	1.00
42136	Cream substitute, powdered, light	1.00
42151	Vegetable oil-butter spread, reduced calorie	1.00
43154	Alcoholic beverage, wine, cooking	1.00
43155	Alcoholic beverage, wine, light	1.00
43369	Beverages, Chocolate-flavored drink, whey and milk based	1.00
43382	Cranberry juice, unsweetened	1.00
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.00
43497	Jellyfish, dried, salted	1.00
44110	Jellies, reduced sugar, home preserved	1.00

NDB_No	Description	Folate, food(µg) Value Per
44158	Pie fillings, blueberry, canned	1.00
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	1.00
01057	Eggnog	1.00
01106	Milk, goat, fluid, with added vitamin D	1.00
01114	Whey, sweet, fluid	1.00
01165	Cheese, mexican, queso anejo	1.00
01205	Cream substitute, flavored, liquid	1.00
01206	Cream substitute, flavored, powdered	1.00
03001	Babyfood, juice treats, fruit medley, toddler	1.00
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	1.00
03072	Babyfood, dinner, chicken stew, toddler	1.00
03115	Babyfood, apples, dices, toddler	1.00
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	1.00
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	1.00
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	1.00
03139	Babyfood, prunes, without vitamin c, strained	1.00
03141	Babyfood, pears, dices, toddler	1.00
03143	Babyfood, fruit, applesauce and apricots, junior	1.00
03152	Babyfood, fruit, apple and raspberry, strained	1.00
03153	Babyfood, fruit, apple and raspberry, junior	1.00
03167	Babyfood, apple-banana juice	1.00
03168	Babyfood, juice, apple and peach	1.00
03220	Babyfood, dessert, dutch apple, strained	1.00
03265	Babyfood, juice, apple and grape	1.00
03267	Babyfood, juice, fruit punch, with calcium	1.00
03297	Babyfood, dinner, apples and chicken, strained	1.00
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	1.00
04073	Margarine, regular, hard, soybean (hydrogenated)	1.00
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	1.00
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	1.00
04601	Butter, light, stick, with salt	1.00
04602	Butter, light, stick, without salt	1.00
04610	Margarine, regular, 80% fat, composite, stick, with salt	1.00
04611	Margarine, regular, 80% fat, composite, tub, with salt	1.00
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	1.00
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	1.00

NDB_No	Description	Folate, food(µg) Value Per
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	1.00
04617	Margarine, regular, 80% fat, composite, stick, without salt	1.00
04618	Margarine, regular, 80% fat, composite, tub, without salt	1.00
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	1.00
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	1.00
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	1.00
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	1.00
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	1.00
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	1.00
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	1.00
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	1.00
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	1.00
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	1.00
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	1.00
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	1.00
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	1.00
05047	Chicken, broilers or fryers, separable fat, raw	1.00
05332	Chicken, ground, raw	1.00
06023	Soup, chicken with rice, canned, condensed	1.00
06049	Soup, pea, green, canned, condensed	1.00
06410	Soup, cream of celery, canned, prepared with equal volume water	1.00
06416	Soup, cream of chicken, canned, prepared with equal volume water	1.00
06432	Soup, beef broth, bouillon, consommé, prepared with equal volume water	1.00
06443	Soup, cream of mushroom, canned, prepared with equal volume water	1.00
06448	Soup, oyster stew, canned, prepared with equal volume water	1.00
06449	Soup, pea, green, canned, prepared with equal volume water	1.00
06451	Soup, pea, split with ham, canned, prepared with equal volume water	1.00
06453	Soup, cream of potato, canned, prepared with equal volume water	1.00
06465	Soup, turkey noodle, canned, prepared with equal volume water	1.00
06480	Soup, chicken broth or bouillon, dry, prepared with water	1.00
06481	Soup, chicken broth cubes, dry, prepared with water	1.00
06528	Soup, chicken noodle, dry, mix, prepared with water	1.00
06965	Soup, pea, low sodium, prepared with equal volume water	1.00
06984	Soup, SWANSON Chicken Broth 99% Fat Free	1.00
07026	Ham, chopped, canned	1.00
07027	Ham, chopped, not canned	1.00

NDB_No	Description	Folate, food(µg) Value Per
07030	Ham, minced	1.00
07031	Ham salad spread	1.00
07064	Pork sausage, link/patty, cooked, pan-fried	1.00
07074	Smoked link sausage, pork	1.00
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	1.00
07932	Chicken breast, fat-free, mesquite flavor, sliced	1.00
07933	Chicken breast, oven-roasted, fat-free, sliced	1.00
07953	Pork sausage, link/patty, fully cooked, microwaved	1.00
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	1.00
07970	Kielbasa, fully cooked, unheated	1.00
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	1.00
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	1.00
09005	Apples, raw, without skin, cooked, boiled	1.00
09006	Apples, raw, without skin, cooked, microwave	1.00
09009	Apples, dehydrated (low moisture), sulfured, uncooked	1.00
09014	Apples, frozen, unsweetened, unheated	1.00
09015	Apples, frozen, unsweetened, heated	1.00
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	1.00
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	1.00
09036	Apricot nectar, canned, without added ascorbic acid	1.00
09078	Cranberries, raw	1.00
09081	Cranberry sauce, canned, sweetened	1.00
09095	Figs, dried, stewed	1.00
09251	Peach nectar, canned, without added ascorbic acid	1.00
09253	Pears, canned, water pack, solids and liquids	1.00
09254	Pears, canned, juice pack, solids and liquids	1.00
09255	Pears, canned, extra light syrup pack, solids and liquids	1.00
09256	Pears, canned, light syrup pack, solids and liquids	1.00
09257	Pears, canned, heavy syrup pack, solids and liquids	1.00
09258	Pears, canned, extra heavy syrup pack, solids and liquids	1.00
09262	Pear nectar, canned, without added ascorbic acid	1.00
09374	Pears, canned, heavy syrup, drained	1.00
09402	Applesauce, canned, sweetened, with salt	1.00
09403	Apricot nectar, canned, with added ascorbic acid	1.00
09407	Peach nectar, canned, with added ascorbic acid	1.00
09408	Pear nectar, canned, with added ascorbic acid	1.00

NDB_No	Description	Folate, food(µg) Value Per
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	1.00
09437	Tamarind nectar, canned	1.00
10004	Pork, fresh, backfat, raw	1.00
10005	Pork, fresh, belly, raw	1.00
10020	Pork, fresh, loin, whole, separable lean and fat, raw	1.00
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	1.00
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	1.00
10105	Pork, fresh, variety meats and by-products, jowl, raw	1.00
10132	Pork, cured, feet, pickled	1.00
10150	Pork, cured, ham, whole, separable lean and fat, unheated	1.00
10158	USDA Commodity, pork, canned	1.00
10165	Pork, cured, salt pork, raw	1.00
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	1.00
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	1.00
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	1.00
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	1.00
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	1.00
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	1.00
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	1.00
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	1.00
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	1.00
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	1.00
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	1.00
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	1.00
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	1.00
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	1.00
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	1.00
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	1.00
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	1.00
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	1.00
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	1.00
10894	Pork, cured, ham, separable fat, boneless, heated	1.00
10898	Pork, pickled pork hocks	1.00
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	1.00
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	1.00
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	1.00

NDB_No	Description	Folate, food(µg) Value Per
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	1.00
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	1.00
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	1.00
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	1.00
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	1.00
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	1.00
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	1.00
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	1.00
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	1.00
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	1.00
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	1.00
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	1.00
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	1.00
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	1.00
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	1.00
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	1.00
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	1.00
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	1.00
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	1.00
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	1.00
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	1.00
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	1.00
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	1.00
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	1.00
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	1.00
11505	Sweet potato leaves, raw	1.00
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	1.00
11941	Pickles, cucumber, sour	1.00
11944	Pickle relish, hot dog	1.00
11945	Pickle relish, sweet	1.00
11946	Pickles, cucumber, sour, low sodium	1.00
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	1.00
11958	Pickle relish, hamburger	1.00
13335	Beef, variety meats and by-products, suet, raw	1.00
13338	Beef, variety meats and by-products, thymus, cooked, braised	1.00
14009	Alcoholic beverage, daiquiri, canned	1.00

NDB_No	Description	Folate, food(µg) Value Per
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	1.00
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	1.00
14054	Beverages, almond milk, chocolate, ready-to-drink	1.00
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	1.00
14084	Alcoholic beverage, wine, table, all	1.00
14091	Beverages, almond milk, unsweetened, shelf stable	1.00
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	1.00
14095	Beverages, MINUTE MAID, Lemonada, Limeade	1.00
14096	Alcoholic beverage, wine, table, red	1.00
14106	Alcoholic beverage, wine, table, white	1.00
14160	Alcoholic beverage, wine, table, white, Chardonnay	1.00
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	1.00
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	1.00
14194	Beverages, Cocoa mix, powder, prepared with water	1.00
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	1.00
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	1.00
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	1.00
14240	Beverages, cranberry-apricot juice drink, bottled	1.00
14241	Beverages, cranberry-grape juice drink, bottled	1.00
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	1.00
14250	Beverages, AMBER, hard cider	1.00
14253	Alcoholic beverages, wine, rose	1.00
14267	Beverages, Fruit punch drink, with added nutrients, canned	1.00
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	1.00
14282	Beverages, grape juice drink, canned	1.00
14293	Lemonade, frozen concentrate, white, prepared with water	1.00
14303	Limeade, frozen concentrate, prepared with water	1.00
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	1.00
14370	Beverages, tea, instant, lemon, sweetened, powder	1.00
14381	Beverages, tea, herb, other than chamomile, brewed	1.00
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	1.00
14545	Beverages, tea, herb, brewed, chamomile	1.00
14553	Beverages, Wine, non-alcoholic	1.00
14602	Alcoholic Beverage, wine, table, red, Merlot	1.00
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	1.00
14649	Beverages, tea, hibiscus, brewed	1.00

NDB_No	Description	Folate, food(µg) Value Per
15006	Fish, burbot, raw	1.00
15038	Fish, halibut, Greenland, raw	1.00
15046	Fish, mackerel, Atlantic, raw	1.00
15051	Fish, mackerel, spanish, raw	1.00
15052	Fish, mackerel, spanish, cooked, dry heat	1.00
15154	Crustaceans, spiny lobster, mixed species, raw	1.00
15190	Fish, burbot, cooked, dry heat	1.00
15196	Fish, halibut, greenland, cooked, dry heat	1.00
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	1.00
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	1.00
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	1.00
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	1.00
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	1.00
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	1.00
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	1.00
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	1.00
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.00
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	1.00
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	1.00
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	1.00
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	1.00
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	1.00
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	1.00
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	1.00
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1.00
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	1.00
18209	Cookies, sugar wafers with creme filling, regular	1.00
19085	Candies, confectioner's coating, butterscotch	1.00
19103	Candies, fudge, vanilla, prepared-from-recipe	1.00
19116	Candies, marshmallows	1.00
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	1.00
19173	Gelatin desserts, dry mix, prepared with water	1.00
19194	Puddings, rice, dry mix	1.00
19226	Frostings, chocolate, creamy, ready-to-eat	1.00
19294	Fruit butters, apple	1.00
19310	Pectin, unsweetened, dry mix	1.00

NDB_No	Description	Folate, food(µg) Value Per
19334	Sugars, brown	1.00
01003	Butter oil, anhydrous	0.00
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	0.00
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	0.00
01069	Cream substitute, powdered	0.00
01070	Dessert topping, powdered	0.00
01072	Dessert topping, pressurized	0.00
01073	Dessert topping, semi solid, frozen	0.00
01074	Sour cream, imitation, cultured	0.00
01076	Milk substitutes, fluid, with lauric acid oil	0.00
01223	Protein supplement, milk based, Muscle Milk, powder	0.00
01224	Protein supplement, milk based, Muscle Milk Light, powder	0.00
01250	Nutritional supplement for people with diabetes, liquid	0.00
01258	Egg, white, dried, stabilized, glucose reduced	0.00
01259	Cheese spread, American or Cheddar cheese base, reduced fat	0.00
02013	Spices, coriander seed	0.00
02047	Salt, table	0.00
02048	Vinegar, cider	0.00
02050	Vanilla extract	0.00
02051	Vanilla extract, imitation, alcohol	0.00
02052	Vanilla extract, imitation, no alcohol	0.00
02053	Vinegar, distilled	0.00
02075	Seasoning mix, dry, taco, original	0.00
03010	Babyfood, meat, lamb, strained	0.00
03024	Babyfood, water, bottled, GERBER, without added fluoride.	0.00
03144	Babyfood, fruit, applesauce and cherries, strained	0.00
03145	Babyfood, fruit, applesauce and cherries, junior	0.00
03166	Babyfood, juice, apple	0.00
03169	Babyfood, apple-cranberry juice	0.00
03170	Babyfood, juice, apple and plum	0.00
03171	Babyfood, juice, apple and prune	0.00
03221	Babyfood, dessert, dutch apple, junior	0.00
03224	Babyfood, dessert, cherry vanilla pudding, strained	0.00
03225	Babyfood, dessert, cherry vanilla pudding, junior	0.00
03268	Babyfood, juice, apple and cherry	0.00
03269	Babyfood, juice, apple, with calcium	0.00

NDB_No	Description	Folate, food(µg) Value Per
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	0.00
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	0.00
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	0.00
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	0.00
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	0.00
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	0.00
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	0.00
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	0.00
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	0.00
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	0.00
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	0.00
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	0.00
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	0.00
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	0.00
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	0.00
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	0.00
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	0.00
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	0.00
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	0.00
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	0.00
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	0.00
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	0.00
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	0.00
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	0.00
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	0.00
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	0.00
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	0.00
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	0.00
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	0.00
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	0.00
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	0.00
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	0.00
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	0.00
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	0.00
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	0.00
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	0.00

NDB_No	Description	Folate, food(µg) Value Per
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	0.00
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	0.00
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	0.00
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	0.00
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	0.00
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	0.00
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	0.00
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	0.00
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	0.00
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	0.00
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	0.00
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	0.00
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	0.00
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	0.00
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	0.00
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	0.00
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	0.00
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	0.00
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	0.00
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	0.00
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	0.00
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	0.00
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	0.00
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	0.00
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	0.00
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	0.00
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	0.00
03938	Infant formula, PBM PRODUCTS, store brand, powder	0.00
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	0.00
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	0.00
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	0.00
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	0.00
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	0.00
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	0.00
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	0.00
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	0.00

NDB_No	Description	Folate, food(µg) Value Per
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	0.00
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	0.00
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	0.00
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	0.00
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	0.00
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	0.00
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	0.00
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	0.00
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	0.00
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	0.00
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	0.00
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	0.00
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	0.00
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	0.00
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	0.00
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	0.00
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	0.00
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	0.00
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	0.00
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	0.00
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	0.00
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	0.00
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	0.00
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	0.00
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	0.00
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	0.00
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	0.00
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	0.00
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	0.00
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	0.00
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	0.00
04001	Fat, beef tallow	0.00
04002	Lard	0.00
04016	Salad dressing, sesame seed dressing, regular	0.00
04017	Salad dressing, thousand island, commercial, regular	0.00
04023	Salad dressing, thousand island dressing, reduced fat	0.00

NDB_No	Description	Folate, food(µg) Value Per
04027	Salad dressing, mayonnaise, imitation, soybean	0.00
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	0.00
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	0.00
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	0.00
04037	Oil, rice bran	0.00
04038	Oil, wheat germ	0.00
04042	Oil, peanut, salad or cooking	0.00
04044	Oil, soybean, salad or cooking	0.00
04047	Oil, coconut	0.00
04053	Oil, olive, salad or cooking	0.00
04055	Oil, palm	0.00
04058	Oil, sesame, salad or cooking	0.00
04060	Oil, sunflower, linoleic (less than 60%)	0.00
04114	Salad dressing, italian dressing, commercial, regular	0.00
04120	Salad dressing, french dressing, commercial, regular	0.00
04133	Salad dressing, french, home recipe	0.00
04135	Salad dressing, home recipe, vinegar and oil	0.00
04141	Salad dressing, french dressing, commercial, regular, without salt	0.00
04143	Salad dressing, italian dressing, commercial, regular, without salt	0.00
04144	Salad dressing, italian dressing, reduced fat, without salt	0.00
04501	Oil, cocoa butter	0.00
04502	Oil, cottonseed, salad or cooking	0.00
04506	Oil, sunflower, linoleic, (approx. 65%)	0.00
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	0.00
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	0.00
04513	Vegetable oil, palm kernel	0.00
04514	Oil, poppyseed	0.00
04515	Oil, tomatoseed	0.00
04516	Oil, teaseed	0.00
04517	Oil, grapeseed	0.00
04518	Oil, corn, industrial and retail, all purpose salad or cooking	0.00
04520	Fat, mutton tallow	0.00
04528	Oil, walnut	0.00
04529	Oil, almond	0.00
04530	Oil, apricot kernel	0.00
04531	Oil, soybean lecithin	0.00

NDB_No	Description	Folate, food(µg) Value Per
04532	Oil, hazelnut	0.00
04534	Oil, babassu	0.00
04536	Oil, sheanut	0.00
04541	Oil, cupu assu	0.00
04542	Fat, chicken	0.00
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	0.00
04544	Shortening, household, lard and vegetable oil	0.00
04545	Oil, sunflower, linoleic, (partially hydrogenated)	0.00
04546	Shortening bread, soybean (hydrogenated) and cottonseed	0.00
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	0.00
04549	Shortening industrial, lard and vegetable oil	0.00
04550	Shortening frying (heavy duty), beef tallow and cottonseed	0.00
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	0.00
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	0.00
04556	Shortening frying (heavy duty), palm (hydrogenated)	0.00
04559	Shortening household soybean (hydrogenated) and palm	0.00
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	0.00
04570	Shortening, confectionery, fractionated palm	0.00
04572	Oil, nutmeg butter	0.00
04573	Oil, ucuhuba butter	0.00
04574	Fat, duck	0.00
04575	Fat, turkey	0.00
04576	Fat, goose	0.00
04581	Oil, avocado	0.00
04582	Oil, canola	0.00
04583	Oil, mustard	0.00
04584	Oil, sunflower, high oleic (70% and over)	0.00
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	0.00
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	0.00
04588	Oil, oat	0.00
04589	Fish oil, cod liver	0.00
04590	Fish oil, herring	0.00
04591	Fish oil, menhaden	0.00
04592	Fish oil, menhaden, fully hydrogenated	0.00
04593	Fish oil, salmon	0.00
04594	Fish oil, sardine	0.00

NDB_No	Description	Folate, food(µg) Value Per
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	0.00
04606	Meat drippings (lard, beef tallow, mutton tallow)	0.00
04609	Animal fat, bacon grease	0.00
04615	Shortening, vegetable, household, composite	0.00
04631	Margarine-like, vegetable oil spread, fat-free, tub	0.00
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	0.00
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	0.00
04642	Oil, industrial, mid-oleic, sunflower	0.00
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	0.00
04644	Oil, industrial, canola for salads, woks and light frying	0.00
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	0.00
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	0.00
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	0.00
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	0.00
04650	Oil, industrial, soy, refined, for woks and light frying	0.00
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	0.00
04652	Oil, industrial, soy (partially hydrogenated), all purpose	0.00
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	0.00
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	0.00
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	0.00
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	0.00
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	0.00
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	0.00
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	0.00
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	0.00
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	0.00
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	0.00
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	0.00
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	0.00
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	0.00
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	0.00
04669	USDA Commodity Food, oil, vegetable, soybean, refined	0.00
04670	USDA Commodity Food, oil, vegetable, low saturated fat	0.00
04679	Oil, PAM cooking spray, original	0.00
04698	Oil, industrial, canola, high oleic	0.00
04699	Oil, industrial, soy, low linolenic	0.00

NDB_No	Description	Folate, food(µg) Value Per
04700	Oil, industrial, soy, ultra low linolenic	0.00
04701	Oil, industrial, soy, fully hydrogenated	0.00
04702	Oil, industrial, cottonseed, fully hydrogenated	0.00
04708	Mayonnaise, reduced fat, with olive oil	0.00
06094	Soup, onion, dry, mix	0.00
06159	Soup, tomato, canned, condensed	0.00
06169	Sauce, ready-to-serve, pepper, TABASCO	0.00
06194	Soup, chicken broth, ready-to-serve	0.00
06423	Soup, chicken with rice, canned, prepared with equal volume water	0.00
06475	Soup, beef broth or bouillon, powder, prepared with water	0.00
06476	Soup, beef broth, cubed, prepared with water	0.00
06494	Soup, onion, dry, mix, prepared with water	0.00
06549	Soup, chicken mushroom, canned, prepared with equal volume water	0.00
06559	Soup, tomato, canned, prepared with equal volume water, commercial	0.00
06615	Soup, SWANSON, vegetable broth	0.00
06700	Soup, vegetable broth, ready to serve	0.00
06956	Soup, tomato, canned, condensed, reduced sodium	0.00
06964	Soup, tomato, low sodium, with water	0.00
06970	Soup, chicken broth, low sodium, canned	0.00
07028	Ham, sliced, packaged (96% fat free, water added)	0.00
07044	USDA Commodity, luncheon meat, canned	0.00
07072	Salami, dry or hard, pork, beef	0.00
07967	Pork sausage, link/patty, fully cooked, unheated	0.00
07968	Kielbasa, fully cooked, grilled	0.00
07969	Kielbasa, fully cooked, pan-fried	0.00
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	0.00
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	0.00
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	0.00
09004	Apples, raw, without skin	0.00
09007	Apples, canned, sweetened, sliced, drained, unheated	0.00
09008	Apples, canned, sweetened, sliced, drained, heated	0.00
09010	Apples, dehydrated (low moisture), sulfured, stewed	0.00
09011	Apples, dried, sulfured, uncooked	0.00
09012	Apples, dried, sulfured, stewed, without added sugar	0.00
09013	Apples, dried, sulfured, stewed, with added sugar	0.00
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	0.00

NDB_No	Description	Folate, food(µg) Value Per
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	0.00
09034	Apricots, dried, sulfured, stewed, with added sugar	0.00
09079	Cranberries, dried, sweetened	0.00
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	0.00
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	0.00
09193	Olives, ripe, canned (small-extra large)	0.00
09194	Olives, ripe, canned (jumbo-super colossal)	0.00
09246	Peaches, dried, sulfured, uncooked	0.00
09247	Peaches, dried, sulfured, stewed, without added sugar	0.00
09248	Peaches, dried, sulfured, stewed, with added sugar	0.00
09259	Pears, dried, sulfured, uncooked	0.00
09260	Pears, dried, sulfured, stewed, without added sugar	0.00
09261	Pears, dried, sulfured, stewed, with added sugar	0.00
09288	Prunes, canned, heavy syrup pack, solids and liquids	0.00
09290	Prunes, dehydrated (low-moisture), stewed	0.00
09292	Plums, dried (prunes), stewed, without added sugar	0.00
09293	Plums, dried (prunes), stewed, with added sugar	0.00
09294	Prune juice, canned	0.00
09328	Maraschino cherries, canned, drained	0.00
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	0.00
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	0.00
09443	Juice, apple and grape blend, with added ascorbic acid	0.00
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	0.00
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	0.00
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	0.00
10000	Pork, fresh, composite of separable fat, with added solution, cooked	0.00
10006	Pork, fresh, separable fat, raw	0.00
10007	Pork, fresh, separable fat, cooked	0.00
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	0.00
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	0.00
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	0.00
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	0.00
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	0.00
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	0.00
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	0.00
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	0.00

NDB_No	Description	Folate, food(µg) Value Per
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	0.00
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	0.00
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	0.00
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	0.00
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	0.00
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	0.00
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	0.00
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	0.00
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	0.00
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	0.00
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	0.00
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	0.00
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	0.00
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	0.00
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	0.00
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	0.00
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	0.00
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	0.00
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	0.00
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	0.00
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	0.00
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	0.00
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	0.00
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	0.00
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	0.00
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	0.00
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	0.00
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	0.00
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	0.00
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	0.00
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	0.00
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	0.00
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	0.00
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	0.00
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	0.00
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	0.00

NDB_No	Description	Folate, food(µg) Value Per
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	0.00
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	0.00
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	0.00
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	0.00
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	0.00
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	0.00
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	0.00
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	0.00
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	0.00
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	0.00
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	0.00
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	0.00
10088	Pork, fresh, spareribs, separable lean and fat, raw	0.00
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	0.00
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	0.00
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	0.00
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	0.00
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	0.00
10123	Pork, cured, bacon, unprepared	0.00
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	0.00
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	0.00
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	0.00
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	0.00
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	0.00
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	0.00
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	0.00
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	0.00
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	0.00
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	0.00
10192	Pork, fresh, backribs, separable lean and fat, raw	0.00
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	0.00
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	0.00
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	0.00
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	0.00
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	0.00
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	0.00

NDB_No	Description	Folate, food(µg) Value Per
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	0.00
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	0.00
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	0.00
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	0.00
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	0.00
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	0.00
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	0.00
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	0.00
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	0.00
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	0.00
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	0.00
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	0.00
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	0.00
10864	Pork, bacon, rendered fat, cooked	0.00
10895	Pork, cured, ham, separable fat, boneless, unheated	0.00
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	0.00
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	0.00
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	0.00
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	0.00
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	0.00
10942	Pork, fresh, composite of separable fat, with added solution, raw	0.00
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	0.00
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	0.00
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	0.00
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	0.00
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	0.00
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	0.00
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	0.00
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	0.00
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	0.00
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	0.00
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	0.00
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	0.00
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	0.00
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	0.00
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	0.00

NDB_No	Description	Folate, food(µg) Value Per
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	0.00
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	0.00
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	0.00
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	0.00
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	0.00
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	0.00
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	0.00
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	0.00
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	0.00
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	0.00
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	0.00
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	0.00
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	0.00
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	0.00
13019	Beef, retail cuts, separable fat, raw	0.00
13020	Beef, retail cuts, separable fat, cooked	0.00
14013	Alcoholic beverage, beer, light, low carb	0.00
14021	Beverages, Energy drink, Citrus	0.00
14022	Beverages, MONSTER energy drink, low carb	0.00
14024	Beverages, Whiskey sour mix, powder	0.00
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	0.00
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	0.00
14027	Alcoholic beverage, whiskey sour, canned	0.00
14028	Beverages, Whiskey sour mix, bottled	0.00
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	0.00
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	0.00
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	0.00
14033	Beverages, ABBOTT, EAS whey protein powder	0.00
14034	Alcoholic beverage, creme de menthe, 72 proof	0.00
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	0.00
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	0.00
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	0.00
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	0.00
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	0.00
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	0.00
14049	Alcoholic beverage, distilled, gin, 90 proof	0.00

NDB_No	Description	Folate, food(µg) Value Per
14050	Alcoholic beverage, distilled, rum, 80 proof	0.00
14051	Alcoholic beverage, distilled, vodka, 80 proof	0.00
14052	Alcoholic beverage, distilled, whiskey, 86 proof	0.00
14057	Alcoholic beverage, wine, dessert, sweet	0.00
14058	Beverages, Whey protein powder isolate	0.00
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	0.00
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	0.00
14061	Beverages, Energy Drink, sugar free	0.00
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	0.00
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	0.00
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	0.00
14073	Beverages, ZEVIA, cola	0.00
14074	Beverages, ZEVIA, cola, caffeine free	0.00
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG, Gerolsteiner naturally sparkling mineral water,	0.00
14076	Beverages, ICELANDIC, Glacial Natural spring water	0.00
14079	Beverages, yellow green colored citrus soft drink with caffeine	0.00
14080	Beverages, rich chocolate, powder	0.00
14090	Beverages, Coconut water, ready-to-drink, unsweetened	0.00
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	0.00
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	0.00
14121	Beverages, carbonated, club soda	0.00
14130	Carbonated beverage, cream soda	0.00
14136	Beverages, carbonated, ginger ale	0.00
14142	Beverages, carbonated, grape soda	0.00
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	0.00
14144	Beverages, carbonated, lemon-lime soda, no caffeine	0.00
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	0.00
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	0.00
14147	Beverages, carbonated, cola, without caffeine	0.00
14148	Beverages, carbonated, cola, regular	0.00
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	0.00
14150	Beverages, carbonated, orange	0.00
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	0.00
14153	Beverages, carbonated, pepper-type, contains caffeine	0.00
14154	Beverages, Energy drink, RED BULL	0.00
14155	Beverages, carbonated, tonic water	0.00

NDB_No	Description	Folate, food(µg) Value Per
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	0.00
14157	Beverages, carbonated, root beer	0.00
14161	Beverages, Kiwi Strawberry Juice Drink	0.00
14162	Beverages, Apple juice drink, light, fortified with vitamin C	0.00
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	0.00
14165	Beverages, carbonated, limeade, high caffeine	0.00
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	0.00
14167	Beverages, POWERADE, Zero, Mixed Berry	0.00
14168	Beverages, Carob-flavor beverage mix, powder	0.00
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	0.00
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	0.00
14179	Beverages, coffee, ready to drink, milk based, sweetened	0.00
14180	Beverages, coffee, brewed, breakfast blend	0.00
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	0.00
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	0.00
14190	Beverages, tea, green, ready-to-drink, diet	0.00
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	0.00
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	0.00
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	0.00
14203	Beverages, coffee, instant, regular, half the caffeine	0.00
14206	Beverages, tea, green, ready-to-drink, sweetened	0.00
14207	Beverages, tea, ready-to-drink, lemon, diet	0.00
14211	Beverages, tea, black, ready-to-drink, lemon, diet	0.00
14214	Beverages, coffee, instant, regular, powder	0.00
14215	Beverages, coffee, instant, regular, prepared with water	0.00
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	0.00
14217	Beverages, OCEAN SPRAY, Cran Grape	0.00
14218	Beverages, coffee, instant, decaffeinated, powder	0.00
14219	Beverages, coffee, instant, decaffeinated, prepared with water	0.00
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	0.00
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	0.00
14222	Beverages, coffee, instant, with chicory	0.00
14223	Beverages, coffee, instant, chicory	0.00
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	0.00
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	0.00
14238	Beverages, cranberry-apple juice drink, bottled	0.00

NDB_No	Description	Folate, food(µg) Value Per
14242	Cranberry juice cocktail, bottled	0.00
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	0.00
14247	Beverages, tea, black, ready to drink	0.00
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	0.00
14256	Beverages, OCEAN SPRAY, Cran Cherry	0.00
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	0.00
14260	Beverages, tea, green, brewed, decaffeinated	0.00
14261	Beverages, tea, green, ready to drink, unsweetened	0.00
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	0.00
14276	Beverages, Tropical Punch, ready-to-drink	0.00
14277	Beverages, grape drink, canned	0.00
14278	Beverages, tea, green, brewed, regular	0.00
14279	Beverages, tea, black, ready-to-drink, peach, diet	0.00
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	0.00
14281	Beverages, tea, black, ready to drink, decaffeinated	0.00
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	0.00
14288	Lemonade, powder, prepared with water	0.00
14296	Beverages, lemonade-flavor drink, powder	0.00
14297	Beverages, lemonade-flavor drink, powder, prepared with water	0.00
14309	Beverages, OVALTINE, Classic Malt powder	0.00
14315	Beverages, OVALTINE, chocolate malt powder	0.00
14347	Shake, fast food, vanilla	0.00
14350	Strawberry-flavor beverage mix, powder	0.00
14367	Beverages, tea, instant, unsweetened, prepared with water	0.00
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	0.00
14376	Beverages, tea, instant, lemon, diet	0.00
14384	Beverages, water, bottled, PERRIER	0.00
14385	Beverages, water, bottled, POLAND SPRING	0.00
14400	Beverages, carbonated, cola, fast-food cola	0.00
14407	Beverages, orange-flavor drink, breakfast type, powder	0.00
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	0.00
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	0.00
14411	Beverages, water, tap, drinking	0.00
14414	Alcoholic beverage, liqueur, coffee, 53 proof	0.00
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	0.00
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	0.00

NDB_No	Description	Folate, food(µg) Value Per
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	0.00
14429	Beverages, water, tap, municipal	0.00
14430	Cranberry juice cocktail, frozen concentrate	0.00
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	0.00
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	0.00
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	0.00
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	0.00
14530	Whiskey sour mix, bottled, with added potassium and sodium	0.00
14531	Alcoholic beverage, whiskey sour	0.00
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	0.00
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	0.00
14534	Alcoholic beverage, liqueur, coffee, 63 proof	0.00
14536	Alcoholic beverage, wine, dessert, dry	0.00
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	0.00
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	0.00
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	0.00
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	0.00
14552	Carbonated beverage, chocolate-flavored soda	0.00
14555	Water, bottled, generic	0.00
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	0.00
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	0.00
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	0.00
14625	Beverages, Energy drink, AMP	0.00
14626	Beverages, Energy drink, FULL THROTTLE	0.00
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	0.00
14628	Beverages, Energy drink, AMP, sugar free	0.00
14629	Beverages, Energy drink, ROCKSTAR	0.00
14630	Beverages, Energy drink, ROCKSTAR, sugar free	0.00
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	0.00
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	0.00
14640	Beverages, Energy drink, VAULT, citrus flavor	0.00
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	0.00
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	0.00
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	0.00
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	0.00
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	0.00

NDB_No	Description	Folate, food(µg) Value Per
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	0.00
14654	Beverages, nutritional shake mix, high protein, powder	0.00
15138	Crustaceans, crab, alaska king, imitation, made from surimi	0.00
16246	SILK Nog, soymilk	0.00
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	0.00
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	0.00
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	0.00
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	0.00
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	0.00
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	0.00
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	0.00
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	0.00
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	0.00
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	0.00
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	0.00
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	0.00
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	0.00
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	0.00
18370	Leavening agents, baking powder, double-acting, straight phosphate	0.00
18371	Leavening agents, baking powder, low-sodium	0.00
18372	Leavening agents, baking soda	0.00
18373	Leavening agents, cream of tartar	0.00
19009	Snacks, KRAFT, CORNNUTS, plain	0.00
19018	Fruit syrup	0.00
19030	Syrup, fruit flavored	0.00
19041	Snacks, pork skins, plain	0.00
19070	Candies, butterscotch	0.00
19099	Candies, fondant, prepared-from-recipe	0.00
19106	Candies, gumdrops, starch jelly pieces	0.00
19107	Candies, hard	0.00
19108	Candies, jellybeans	0.00
19113	Syrups, table blends, pancake, with butter	0.00
19128	Syrups, table blends, pancake, reduced-calorie	0.00
19129	Syrups, table blends, pancake	0.00
19152	Candies, ROLO Caramels in Milk Chocolate	0.00
19163	Chewing gum	0.00

NDB_No	Description	Folate, food(µg) Value Per
19164	Candies, SPECIAL DARK Chocolate Bar	0.00
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	0.00
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	0.00
19187	Flan, caramel custard, dry mix	0.00
19198	Puddings, tapioca, dry mix	0.00
19202	Puddings, vanilla, dry mix, instant	0.00
19206	Puddings, vanilla, dry mix, regular	0.00
19217	Frozen novelties, ice type, fruit, no sugar added	0.00
19222	Desserts, rennin, vanilla, dry mix	0.00
19225	Desserts, rennin, tablets, unsweetened	0.00
19228	Frostings, cream cheese-flavor, ready-to-eat	0.00
19244	Frostings, vanilla, creamy, dry mix	0.00
19280	Frozen novelties, ice type, lime	0.00
19283	Frozen novelties, ice type, pop	0.00
19304	Molasses	0.00
19312	Pie fillings, apple, canned	0.00
19318	Puddings, banana, dry mix, instant	0.00
19320	Puddings, banana, dry mix, regular	0.00
19330	Puddings, lemon, dry mix, instant	0.00
19332	Puddings, lemon, dry mix, regular	0.00
19335	Sugars, granulated	0.00
19336	Sugars, powdered	0.00
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	0.00
19340	Sugars, maple	0.00
19349	Syrups, corn, dark	0.00
19350	Syrups, corn, light	0.00
19351	Syrups, corn, high-fructose	0.00
19353	Syrups, maple	0.00
19355	Syrups, sorghum	0.00
19360	Syrups, table blends, pancake, with 2% maple	0.00
19361	Syrups, table blends, cane and 15% maple	0.00
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	0.00
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	0.00
19382	Candies, taffy, prepared-from-recipe	0.00
19384	Candies, divinity, prepared-from-recipe	0.00
19401	Snacks, cornnuts, barbecue-flavor	0.00

NDB_No	Description	Folate, food(µg) Value Per
19403	Snacks, crisped rice bar, almond	0.00
19407	Snacks, beef sticks, smoked	0.00
19421	Snacks, potato chips, cheese-flavor	0.00
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	0.00
19705	Puddings, banana, dry mix, instant, with added oil	0.00
19706	Puddings, banana, dry mix, regular, with added oil	0.00
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	0.00
19709	Puddings, tapioca, dry mix, with no added salt	0.00
19710	Puddings, vanilla, dry mix, regular, with added oil	0.00
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	0.00
19868	Sweeteners, tabletop, sucralose, SLENDA packets	0.00
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	0.00
19910	Candies, crispy bar with peanut butter filling	0.00
19918	Sweetener, herbal extract powder from Stevia leaf	0.00
20027	Cornstarch	0.00
21224	Pizza, cheese topping, regular crust, frozen, cooked	0.00
21225	Pizza, cheese topping, rising crust, frozen, cooked	0.00
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	0.00
21311	McDONALD'S, Creamy Ranch Sauce	0.00
21313	McDONALD'S, Hot Mustard Sauce	0.00
21314	McDONALD'S, Spicy Buffalo Sauce	0.00
21315	McDONALD'S, Sweet 'N Sour Sauce	0.00
21316	McDONALD'S, Tangy Honey Mustard Sauce	0.00
21336	McDONALD'S, Hot Fudge Sundae	0.00
21343	McDONALD'S, Low Fat Caramel Sauce	0.00
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	0.00
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	0.00
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	0.00
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	0.00
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	0.00
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	0.00
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	0.00
25010	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar	0.00
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	0.00
25017	Formulated bar, POWER BAR, chocolate	0.00
25018	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar	0.00

NDB_No	Description	Folate, food(µg) Value Per
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	0.00
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	0.00
28316	Bread, wheat, sprouted	0.00
28317	Bread, wheat, sprouted, toasted	0.00
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	0.00
28334	Cookies, gluten-free, lemon wafer	0.00
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	0.00
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	0.00
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	0.00
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	0.00
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	0.00
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	0.00
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	0.00
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	0.00
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	0.00
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	0.00
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	0.00
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	0.00
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	0.00
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	0.00
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	0.00
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	0.00
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	0.00
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	0.00
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	0.00
35141	Mutton, cooked, roasted (Navajo)	0.00
35145	Stew, hominy with mutton (Navajo)	0.00
42040	Syrups, grenadine	0.00
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	0.00
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	0.00
42141	Cream substitute, liquid, light	0.00
42193	Salad Dressing, mayonnaise-like, fat-free	0.00
42230	Salad Dressing, coleslaw dressing, reduced fat	0.00
42231	Oil, flaxseed, cold pressed	0.00
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	0.00
42281	Gums, seed gums (includes locust bean, guar)	0.00

NDB_No	Description	Folate, food(µg) Value Per
42283	Snacks, potato chips, white, restructured, baked	0.00
42289	Oil, corn and canola	0.00
43026	Syrups, sugar free	0.00
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	0.00
43058	Candies, hard, dietetic or low calorie (sorbitol)	0.00
43060	Chewing gum, sugarless	0.00
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	0.00
43114	Vermicelli, made from soy	0.00
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	0.00
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	0.00
43214	Butter replacement, without fat, powder	0.00
43216	Sweeteners, tabletop, fructose, dry, powder	0.00
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	0.00
43268	Whipped cream substitute, dietetic, made from powdered mix	0.00
43331	Salad dressing, bacon and tomato	0.00
43355	Mayonnaise, low sodium, low calorie or diet	0.00
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	0.00
43479	Alcoholic beverage, rice (sake)	0.00
43514	Frozen novelties, ice type, pop, with low calorie sweetener	0.00
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	0.00
43535	Babyfood, juice, apple - cherry	0.00
43543	Milk, imitation, non-soy	0.00
43598	Mayonnaise dressing, no cholesterol	0.00
44005	Oil, corn, peanut, and olive	0.00
44018	Sweeteners, tabletop, fructose, liquid	0.00
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	0.00
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	0.00
90480	Syrup, Cane	0.00