

What Foods Contain Folic Acid?

What Foods Contain Folic Acid? Folic acid is a form of Vitamin B which is usually used for DNA replication, cell formation and multiplication and formation of white and red blood cells in the human body. One can consume natural folic acid from several foods like peanuts, peas, beans, green leafy vegetables, meat sources and fresh fruits. There are quite a few people who have deficiencies related to Vitamin B and also folic acid. Besides consuming a supplement the only method to get sufficient amount is by consuming food which are rich in Vitamin B. The Food and drug Administration or the FDA has recommended that the DV proportion for folate is about 400 mcg and above. One of the easiest methods to describe the value of DV is whatever the proportion of the component the proportion of an individual's daily consumption should be sufficient to make up for the daily recommended amount. In a day an individual can consume up to two 25 percent DV folic acid food items in addition with five 10 percent DV folic acid food items which makes a total of 100 percent of folic acid per day. Usually all the cereals possess 100 percent DV equipped folic acid which is an easier and best daily source of food. If the particular food item has a higher level of DV proportion then it is the best source of folic acid. A braised beef liver which has 45 percent of DV proportion is one of the best ways to increase folic acid level in the body. Another subsequent step down is 25 percent, for any portion of 25 percent DV one can serve half cup of boiled cowpeas and cereals. Spinach is another excellent source of folic acid, so half a cup of spinach can provide 25 percent folic acid DV. Even four spears of asparagus or half a cup of boiled northern beans can provide 20 percent of folic acid DV. These are some of the exceptional food items for an individual's daily consumption of folic acid which can offer several health benefits. Avocado, Lettuce, Broccoli, Green Peas, Vegetarian Beans, Wheat Germ, Raw Spinach and Orange Juice are few of the other food items which possess excellent level of folic acid. These food items provide 10 to 15 percent of folic acid DV. And even most of the fresh green vegetables also provide high levels of folic acid DV. If an individual feels that he has adequate consumption of food items which contain folic acid quite frequently then he needs to maintain it in order to prevent problems. In order to ensure that an individual possess optimum levels of folate and vitamin B there are several food sources which provide positive health benefits, however it is worthwhile for everyone to obtain dietary supplement as well. Foods such as fruit juices, green vegetables, cereals and liver can be a part of daily diet as it can prevent diseases or illnesses which occur due to folic acid insufficiencies. By ensuring the DV values of the food items, an individual can easily keep up with 100 percent of folic acid DV each day.