



## Good Sources of Folic Acid

For cell growth and healthy blood



**Spinach**



**Broccoli . Cauliflower**



**Beans**



**Canned Corn**



**Orange Juice**



**Green Peas**



**Lettuce**



**Peanut Butter . Nuts . Seeds**



**Green Beans**



**Bean Sprouts**



**Liver**



**Beets**



**Simcoe**

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