



| Ácido Fólico (µg por cada 100 g) | |
|---|--------|
| LEVADURA | 1010,0 |
| HIGADO DE VACA | 592,0 |
| ALGA AGAR DESECADA | 580,0 |
| GERMEN DE TRIGO | 520,0 |
| HABA SECA | 423,0 |
| JUDIA PINTA | 394,0 |
| JUDIA BLANCA | 388,0 |
| HIGADO DE POLLO | 380,0 |
| CEREALES DE DESAYUNO CON BASE DE ARROZ Y TRIGO INTEGRAL | 333,0 |
| CEREALES DE DESAYUNO CON BASE DE TRIGO Y FRUTAS | 333,0 |
| CEREALES DE DESAYUNO CON BASE DE ARROZ, TRIGO INTEGRAL, FRUTAS ROJAS | 300,0 |
| CEREALES DE DESAYUNO A BASE DE TRIGO INTEGRAL CON AVELLANAS Y ALMENDRAS | 278,0 |
| OREGANO SECO | 274,0 |
| CEREALES DE DESAYUNO DE TRIGO INTEGRAL RELLENO DE PASAS | 250,0 |
| CEREALES DE DESAYUNO SALVADO DE TRIGO COMPLETO | 250,0 |
| HIGADO DE TERNERA | 240,0 |
| SOJA | 240,0 |
| PIPA DE GIRASOL PELADA CON SAL | 238,0 |
| PIPA DE GIRASOL PELADA SIN SAL | 238,0 |
| PIPA DE GIRASOL SIN SAL | 227,0 |
| BERRO | 214,0 |
| MUESLI | 201,0 |
| ALGA WAKAME CRUDA | 196,0 |
| GLUCEMA SR | 193,0 |
| HARINA DE SOJA | 190,0 |
| COL RIZADA | 187,0 |
| GARBANZO | 185,0 |
| ALGA MUSGO DE IRLANDA CRUDA | 182,0 |
| ALGA KELP CRUDA | 180,0 |
| LAUREL | 180,0 |
| CEREALES DE DESAYUNO VARIADOS CON MIEL | 170,0 |
| LENTEJA | 168,0 |
| CEREALES DE DESAYUNO CON BASE DE ARROZ | 167,0 |
| CEREALES DE DESAYUNO CON BASE DE ARROZ Y CHOCOLATE | 167,0 |
| CEREALES DE DESAYUNO CON BASE DE MAIZ | 167,0 |
| CEREALES DE DESAYUNO CON BASE DE MAIZ AZUCARADOS | 167,0 |
| CEREALES DE DESAYUNO CON BASE DE MAIZ, AVENA Y TRIGO, DORADOS CON MIEL | 167,0 |
| CEREALES DE DESAYUNO CON BASE DE TRIGO Y CHOCOLATE | 167,0 |
| CEREALES DE DESAYUNO CON BASE DE TRIGO Y MIEL | 167,0 |
| CEREALES DE DESAYUNO VARIADOS INTEGRALES CON MIEL | 167,0 |



| Ácido Fólico (µg por cada 100 g) | |
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| BARRITA DE CEREALES CON FRUTAS ROJAS | 165,0 |
| BARRITA DE CEREALES CON PEPITAS DE CHOCOLATE | 165,0 |
| BARRITA HIPOCALÓRICA | 162,0 |
| BATIDO HIPOCALÓRICO | 162,0 |
| BROTE DE SOJA | 160,0 |
| YEMA DE HUEVO | 159,0 |
| GUISANTE SECO | 151,0 |
| PEREJIL | 149,0 |
| ALGA LAVER CRUDA | 146,0 |
| BARRITA DE CEREALES CON MELOCOTON Y ALBARICOQUE | 145,0 |
| CACAHUETE TOSTADO Y SALADO SIN CASCARA | 145,0 |
| ESPINACA | 145,0 |
| HABA FRESCA | 145,0 |
| ESPINACA CONGELADA | 140,0 |
| HIGADO DE CERDO | 136,0 |
| ACELGA | 128,0 |
| ALCACHOFA CONGELADA | 126,0 |
| BARRITA DE FIBRA Y CHOCOLATE | 126,0 |
| BIZCOCHO DE FRUTA Y FIBRA | 126,0 |
| QUESO DE CABRA SEMICURADO | 125,0 |
| ESPINACAS A LA CREMA CONGELADAS | 123,0 |
| LECHE DE CONTINUACION (POLVO) | 122,0 |
| PAPILLA DE CEREALES Y FRUTAS (POLVO) | 119,0 |
| ENDIVIA | 115,0 |
| BRECOL | 114,0 |
| MENTA FRESCA | 114,0 |
| CACAHUETE CON CASCARA | 110,0 |
| CACAHUETE SIN CASCARA | 110,0 |
| ESCAROLA | 110,0 |
| GRELO | 110,0 |
| ESPARRAGO VERDE | 108,0 |
| PUERRO | 103,0 |
| COL DE BRUSELAS | 101,0 |
| SEMILLAS DE SESAMO | 97,0 |
| ALGA ESPIRULINA DESECADA | 94,0 |
| AZAFRAN | 93,0 |
| RIÑON DE CERDO | 93,0 |
| ALGA AGAR CRUDA | 85,0 |
| MIJO | 85,0 |
| REMOLACHA | 83,0 |
| CREMA HIPOCALÓRICA | 82,8 |
| HUEVAS FRESCAS | 80,0 |
| HUEVO DE PATO | 80,0 |
| SALVADO DE TRIGO | 79,0 |
| LECHE DE INICIO (POLVO) | 78,2 |
| NUEZ CON CASCARA | 77,0 |
| NUEZ SIN CASCARA | 77,0 |
| NUEZ MOSCADA | 76,0 |
| GUISANTE VERDE | 75,3 |
| REPOLLO | 75,0 |



| Ácido Fólico (µg por cada 100 g) | |
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| COLIFLOR | 72,5 |
| SEMOLA DE TRIGO | 72,0 |
| AVELLANA CON CASCARA | 71,0 |
| AVELLANA SIN CASCARA | 71,0 |
| LITCHI | 70,0 |
| FOIE GRAS | 68,8 |
| GARBANZO EN CONSERVA | 67,0 |
| HUEVO DE CODORNIZ | 66,0 |
| QUESO BRIE | 65,0 |
| PAPILLA SIN GLUTEN CON LECHE (POLVO) | 64,8 |
| PAPILLA SIN GLUTEN Y FRUTAS CON LECHE (POLVO) | 64,8 |
| SALSA HOLANDESA | 64,0 |
| JUDIA VERDE CONGELADA | 63,9 |
| RIÑÓN DE TERNERA | 63,0 |
| JUDIA VERDE | 62,3 |
| FRESA Y FRESON | 61,6 |
| REMOLACHA EN CONSERVA | 61,0 |
| CEREALES DE DESAYUNO CON BASE DE AVENA | 60,0 |
| CEREALES DE DESAYUNO CON BASE DE AVENA INTEGRAL TOSTADA Y MIEL | 60,0 |
| JUDIA BLANCA EN CONSERVA | 60,0 |
| JUDIA PINTA EN CONSERVA | 60,0 |
| PINON CON CASCARA | 58,0 |
| PINON SIN CASCARA | 58,0 |
| PISTACHO | 58,0 |
| HARINA INTEGRAL DE TRIGO | 57,0 |
| FABADA EN CONSERVA | 56,6 |
| TOMATE TRITURADO | 54,0 |
| CREMA DE CACAHUETE | 53,0 |
| QUESO DE CABRA CURADO | 53,0 |
| QUESO DE CABRA TIERNO | 53,0 |
| CACAHUETE FRITO SALADO SIN CASCARA | 52,0 |
| CEREZA | 52,0 |
| MENESTRA CONGELADA | 52,0 |
| MERITENE DIABETICO | 52,0 |
| HUEVO DE GALLINA | 51,2 |
| PAPILLA DE CEREALES CON LECHE (POLVO) | 51,0 |
| PAPILLA DE CEREALES Y MIEL CON LECHE (POLVO) | 51,0 |
| PAPILLA DE CEREALES, FRUTAS Y YOGUR CON LECHE (POLVO) | 51,0 |
| MERMELADA DE FRESA | 50,9 |
| MERMELADA DE FRESA BAJA EN CALORIAS | 50,9 |
| FORTIMEL | 50,0 |
| PISTACHO TOSTADO SALADO | 50,0 |
| QUESO TORTA DEL CASAR | 50,0 |
| ARROZ INTEGRAL | 49,0 |
| QUESO ROQUEFORT | 49,0 |



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|---|------|
| PROMOTE | 48,0 |
| ESPINACA EN CONSERVA | 47,6 |
| ALCACHOFA | 47,0 |
| ALCACHOFA EN CONSERVA | 47,0 |
| GUISANTE CONGELADO | 47,0 |
| MASA DE HOJALDRE CONGELADA | 47,0 |
| MERITENE FIBRA | 46,1 |
| CREMA DESECADA DE ESPARRAGOS | 46,0 |
| PAN INTEGRAL TOSTADO | 46,0 |
| PASTEL RELLENO DE CREMA | 45,8 |
| ALMENDRA CON CASCARA | 45,0 |
| ALMENDRA FRITA SALADA SIN CASCARA | 45,0 |
| ALMENDRA SIN CASCARA | 45,0 |
| QUESO CAMEMBERT | 44,0 |
| CANELONES DE CARNE CONGELADOS | 43,2 |
| MEDIAS NOCHES | 42,2 |
| ENSURE FIBRA | 41,7 |
| PATATAS FRITAS DE BOLSA | 41,0 |
| PATATAS FRITAS DE BOLSA BAJAS EN CALORIAS | 41,0 |
| LECHE EN POLVO ENTERA | 40,0 |
| PUERRO EN CONSERVA | 40,0 |
| QUESO AZUL | 40,0 |
| SOBAO | 39,1 |
| VALENCIANA | 39,1 |
| MAGDALENA | 39,0 |
| PAN INTEGRAL | 39,0 |
| NARANJA | 38,7 |
| PAN DE MOLDE | 38,3 |
| PAPAYA | 38,0 |
| PAN DE MOLDE INTEGRAL | 37,0 |
| ALMENDRA TOSTADA SIN CASCARA | 36,0 |
| BOLLO | 36,0 |
| CALABAZA | 36,0 |
| MANGO | 36,0 |
| LOMBARDA | 35,0 |
| ALBONDIGAS EN CONSERVA | 34,1 |
| CARDO | 34,0 |
| MORA | 34,0 |
| LECHUGA | 33,6 |
| CALABACIN | 33,1 |
| AVENA | 33,0 |
| BIZCOCHO | 33,0 |
| MAIZ EN GRANO HERVIDO EN LATA | 33,0 |
| MEJILLON | 33,0 |
| MERMELADA DE ALBARICOQUE Y MELOCOTON | 33,0 |
| MERMELADA DE CIRUELA | 33,0 |
| CALDO EN CUBITOS | 32,0 |
| COL | 31,0 |
| MAIZ EN MAZORCA HERVIDO | 31,0 |
| QUESO GORGONZOLA | 31,0 |



| Ácido Fólico (µg por cada 100 g) | |
|---|------|
| RINON DE CORDERO | 31,0 |
| AGUACATE | 30,0 |
| CAVIAR | 30,0 |
| COCO FRESCO | 30,0 |
| CREMA DESECADA DE CHAMPINÓN | 30,0 |
| FRAMBUESA | 30,0 |
| LECHE EN POLVO SEMIDESNATADA | 30,0 |
| LENTEJA EN CONSERVA | 30,0 |
| MERMELADA DE FRAMBUESA | 30,0 |
| PATATAS PREFRITAS CONGELADAS | 30,0 |
| ESPARRAGO DE LATA | 29,8 |
| PIZZA ROMANA CONGELADA | 29,1 |
| CANELA | 29,0 |
| GRANADA | 29,0 |
| MARACUYA | 29,0 |
| TOMATE | 28,8 |
| BOLLO DE LECHE | 28,0 |
| BOLLO RELLENO DE CHOCOLATE | 28,0 |
| PALMITO EN CONSERVA | 28,0 |
| NUTRISON | 27,0 |
| REQUESON | 27,0 |
| UVA NEGRA | 27,0 |
| KIWI | 26,8 |
| MAIZ EN MAZORCA CRUDO | 26,0 |
| PAN BLANCO TOSTADO SIN SAL | 26,0 |
| PAN DE PERRITO | 26,0 |
| PAN TIPO HAMBURGUESA | 26,0 |
| PAELLA DE MARISCO CONGELADA | 25,9 |
| PASTEL DE CHOCOLATE | 25,9 |
| PIMIENTO VERDE | 25,1 |
| ANACARDO | 25,0 |
| MAZAPAN | 25,0 |
| PATO ENTERO | 25,0 |
| BOLLO TIPO DONETTE | 24,4 |
| CALLOS A LA MADRILENA (LATA) | 24,4 |
| BOLLO TIPO DONUT DE CHOCOLATE | 24,2 |
| PAN BLANCO TIPO BAGUETTE | 24,0 |
| PIZZA MARGARITA CONGELADA | 24,0 |
| PURE DE PATATAS PARA RECONSTITUIR | 24,0 |
| RABANO | 24,0 |
| PIMIENTO ROJO | 23,7 |
| BERENJENA | 23,2 |
| ALCAPARRA | 23,0 |
| CHAMPINON | 23,0 |
| GUINDILLA PICANTE | 23,0 |
| NISPERO | 23,0 |
| PAN BLANCO | 23,0 |
| PAN BLANCO SIN SAL | 23,0 |
| SALMON | 22,5 |
| CAFE EN GRANO | 22,0 |
| CARDO EN CONSERVA | 22,0 |
| PASTA AL HUEVO | 22,0 |



| Ácido Fólico (µg por cada 100 g) | |
|---|------|
| PATATA NUEVA | 22,0 |
| SUIZO | 22,0 |
| ZUMO DE TOMATE COMERCIAL | 21,9 |
| MANDARINA | 21,8 |
| QUESO MANCHEGO CURADO | 21,8 |
| QUESO MANCHEGO SEMICURADO | 21,3 |
| COLINES | 21,0 |
| DATIL | 21,0 |
| PAN BLANCO TOSTADO | 21,0 |
| QUESO GOUDA | 21,0 |
| ARROZ | 20,0 |
| ARROZ BLANCO DE COCCION RAPIDA | 20,0 |
| CANGREJO Y SIMILARES | 20,0 |
| CENTOLLO | 20,0 |
| GUISANTE EN CONSERVA | 20,0 |
| MUSLO DE PAVO | 20,0 |
| NABO | 20,0 |
| PENTADRINK | 20,0 |
| PLATANO | 20,0 |
| QUESO DE ARZUA | 20,0 |
| QUESO DE BOLA | 20,0 |
| QUESO DE CABRALES | 20,0 |
| QUESO IDIAZABAL | 20,0 |
| QUESO MANCHEGO FRESCO | 20,0 |
| QUESO PARMESANO | 20,0 |
| QUESO TETILLA | 20,0 |
| QUESO TIPO MANCHEGO EN ACEITE | 20,0 |
| SALSA ROQUEFORT | 20,0 |
| TURRON DE ALICANTE | 20,0 |
| TURRON DE JIJONA | 20,0 |
| UVA BLANCA | 20,0 |
| PEPINO | 19,4 |
| BATIDO FERMENTADO DE SOJA | 19,0 |
| BOLLO TIPO DONUT | 19,0 |
| GALLETA INTEGRAL | 19,0 |
| PISTO DE VERDURAS CONGELADO | 19,0 |
| QUESO CHEDDAR | 19,0 |
| ZUMO COMERCIAL DE NARANJA | 18,6 |
| ZUMO DE NARANJA | 18,6 |
| ANCHOA EN ACEITE | 18,5 |
| PIZZA DE ATUN CONGELADA | 18,2 |
| YOGUR ENTERO CON FRUTA | 18,1 |
| ENSAIMADA | 18,0 |
| MOSTAZA | 18,0 |
| PASTA | 18,0 |
| PALMERA | 17,2 |
| TOMATE FRITO EN CONSERVA | 17,1 |
| BERBERECHO | 17,0 |
| BONIATO | 17,0 |
| CIGALA | 17,0 |
| PASTA DE COLORES | 17,0 |
| ATUN EN ACEITE | 16,8 |
| ALMEJA | 16,0 |



| Ácido Fólico (µg por cada 100 g) | |
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| APIO | 16,0 |
| ATUN EN ESCABECHE | 16,0 |
| BOGAVANTE | 16,0 |
| CARNE SEMIGRASA DE VACA | 16,0 |
| HARINA DE TRIGO | 16,0 |
| LECHE CONDENSADA DESNATADA CON AZUCAR | 16,0 |
| PAN DE CENTENO | 16,0 |
| PAVO | 16,0 |
| POTITO DE POLLO | 16,0 |
| QUESO EN PORCIONES DESCREMADO | 16,0 |
| YOGUR DESNATADO CON FRUTA | 16,0 |
| BONITO EN ACEITE | 15,5 |
| EMPANADILLA DE ATUN CONGELADA | 15,4 |
| ANCA DE RANA | 15,0 |
| ATUN | 15,0 |
| BACALADILLA | 15,0 |
| BONITO | 15,0 |
| BONITO EN ACEITE DE SOJA | 15,0 |
| CACAO EN POLVO AZUCARADO | 15,0 |
| CACAO EN POLVO BAJO EN CALORIAS | 15,0 |
| CERVEZA SIN ALCOHOL | 15,0 |
| LECHE CONDENSADA AZUCARADA | 15,0 |
| LECHE EN POLVO DESNATADA | 15,0 |
| PESCADILLA CONGELADA | 15,0 |
| PESCADO EMPANADO, PASTELES DE PESCADO (CONGELADOS) | 15,0 |
| QUESO GALLEGO | 15,0 |
| TOFU | 15,0 |
| QUESO DE BURGOS | 14,3 |
| QUESO EN LONCHAS | 14,1 |
| ACHICORIA | 14,0 |
| BACALAO SALADO | 14,0 |
| GUAYABA | 14,0 |
| HIGO SECO | 14,0 |
| MELOCOTON SECO (OREJONES) | 14,0 |
| MERLUZA CONGELADA | 14,0 |
| PASTA DE TE | 14,0 |
| POMELO | 14,0 |
| ZANAHORIA | 13,9 |
| PESCADILLA | 13,7 |
| JAMON IBERICO | 13,5 |
| YOGUR ENTERO DE SABORES | 13,5 |
| DORADA | 13,4 |
| POLLO EMPANADO CONGELADO | 13,1 |
| ANGUILA | 13,0 |
| ANGULA | 13,0 |
| BORRAJA | 13,0 |
| CHOCOLATE CON LECHE Y ALMENDRA | 13,0 |
| CONGRIO | 13,0 |
| FAISAN ENTERO | 13,0 |
| GALLETA TIPO DIGESTIVE | 13,0 |
| JUDIA VERDE EN CONSERVA | 13,0 |



| Ácido Fólico (µg por cada 100 g) | |
|---|------|
| MEJILLON EN CONSERVA AL NATURAL | 13,0 |
| MEJILLON EN ESCABECHE | 13,0 |
| MENESTRA EN CONSERVA | 13,0 |
| MOLLEJA DE CORDERO | 13,0 |
| PULPO | 13,0 |
| SARDINA CON SALSA DE TOMATE | 13,0 |
| SEPIA | 13,0 |
| SESO DE TERNERA | 13,0 |
| ZUMO DE TOMATE NATURAL | 13,0 |
| ALMEJA EN CONSERVA | 12,8 |
| BERBERECHO EN CONSERVA | 12,8 |
| CHIRIMOYA | 12,5 |
| CASTANA | 12,4 |
| MERLUZA | 12,3 |
| CALAMARES A LA ROMANA CONGELADOS | 12,1 |
| POLLO ENTERO | 12,0 |
| POLO DE HIELO | 12,0 |
| PULMON DE CORDERO | 12,0 |
| QUISQUILLA | 12,0 |
| SAN JACOBO CONGELADO | 12,0 |
| PATATA VIEJA | 11,9 |
| CROQUETA DE MERLUZA CONGELADA | 11,4 |
| MUSLO DE POLLO | 11,4 |
| GALLO | 11,2 |
| ACEITUNA NEGRA CON HUESO | 11,0 |
| ACEITUNA NEGRA SIN HUESO | 11,0 |
| BIZCOCHO DE CHOCOLATE | 11,0 |
| CHURRO | 11,0 |
| CREMA DE CACAO Y AVELLANAS | 11,0 |
| GALLETA TIPO DIGESTIVE CON CHOCOLATE | 11,0 |
| GROSELLA ROJA | 11,0 |
| LECHE EVAPORADA ENTERA | 11,0 |
| MERO | 11,0 |
| PIMIENTO DEL PIQUILLO EN CONSERVA | 11,0 |
| PIMIENTO MORRON EN CONSERVA | 11,0 |
| PIMIENTO ROJO ASADO EN CONSERVA | 11,0 |
| PLATIJA | 11,0 |
| PULMON DE TERNERA | 11,0 |
| SALMONETE | 11,0 |
| SALSA DE SOJA | 11,0 |
| VIEIRA | 11,0 |
| TOMATE PELADO ENLATADO | 10,9 |
| ACEITUNA VERDE CON HUESO | 10,4 |
| ACEITUNA VERDE SIN HUESO | 10,4 |
| BESUGO | 10,4 |
| BRECA | 10,4 |
| CORTEZA DE TRIGO | 10,3 |
| ACELGA EN CONSERVA | 10,0 |
| ALBARICOQUE SECO (OREJONES) | 10,0 |
| APIO EN CONSERVA | 10,0 |
| ARANDANO | 10,0 |



| Ácido Fólico (µg por cada 100 g) | |
|---|------|
| BOMBON | 10,0 |
| CARNE DE VACA MAGRA | 10,0 |
| CHOCOLATE BLANCO | 10,0 |
| CHOCOLATE CON LECHE | 10,0 |
| CHOCOLATE EN POLVO A LA TAZA | 10,0 |
| CHOCOLATE PURO | 10,0 |
| CROISANT | 10,0 |
| GALLETA SALADA | 10,0 |
| GANCHITOS | 10,0 |
| GUSANITOS CON QUESO | 10,0 |
| HARINA DE MAIZ | 10,0 |
| KETCHUP | 10,0 |
| LASANA DE CARNE Y BESAMEL CONGELADA | 10,0 |
| LIMA | 10,0 |
| MAYONESA COMERCIAL | 10,0 |
| MAYONESA LIGERA | 10,0 |
| PASA | 10,0 |
| PASTA RELLENA DE CARNE HERVIDA | 10,0 |
| PASTA RELLENA DE QUESO HERVIDA | 10,0 |
| QUESO GRUYERE | 10,0 |
| QUESO MOZZARELLA | 10,0 |
| RODABALLO | 10,0 |