



The "Folate-First" Grocery List

Help your child hit their daily goals with these kid-friendly whole foods!

Produce Aisle

- **Spinach & Romaine:** Great for "monster smoothies" or taco toppings.
- **Asparagus:** Try roasting them—kids often love the "crunch."
- **Avocados:** Perfect for spreading on toast or eating with a spoon.
- **Oranges & Strawberries:** Nature's candy and a high-folate snack.
- **Broccoli:** Steam it slightly to keep the folate levels high.

Pantry Staples

- **Lentils & Chickpeas:** Add to soups or make "cookie dough" hummus.
- **Black Beans:** High in fiber and folate for taco nights.
- **Fortified Cereals:** Look for "100% DV Folate" on the label.
- **Whole Wheat Bread:** Check for "enriched" or "fortified" on the ingredients.

Fridge & Protein

- **Eggs:** A quick breakfast that supports brain health.
- **Sunflower Seeds:** A great nut-free school snack option.

made by Dr. Shahzad Khurram