Low Folic Acid Diet
As part of your Methotrexate therapy, you must avoid foods that are rich in folic acid because folic acid may decrease the effectiveness of the therapy. These guidelines will help you avoid folic acid rich foods until your doctor advises that you may resume eating them.

Guidelines

1. Avoid these foods that are high in folic acid:

   Legumes:
   - Black, kidney, navy, or pinto beans
   - Black-eyed peas
   - Chickpeas (garbanzo beans)
   - Lentils
   - Peanuts

   Grains:
   - Fortified breakfast cereal
   - Fortified oatmeal
   - Wheat Germ

   Fruits:
   - Oranges
   - Orange juice
   - Strawberries

   Vegetables:
   - Asparagus
   - Avocado
   - Brussels sprouts
   - Broccoli or Cauliflower
   - Corn
   - Green peas
   - Okra
   - Spinach, Kale or other dark leafy vegetables

   Meat:
   - Liver

2. Limit the amounts of these foods; eat only small amounts:

   - Bread/Rolls
   - Grits
   - Crackers
   - Flour tortillas
   - Noodles
   - Cookies
   - Pasta
   - Rice

3. Do not take vitamins or supplements that contain folic acid such as:

   - Prenatal vitamins
   - Multiple vitamins
   - Folic Acid supplements

If you have any questions please contact your doctor.