

Concerns Related to Folate Deficiency

Women who are deficient when they become pregnant are at risk of:

- *Infants born with certain birth defects, like Neural Tube Defects*
- *Low birth weight infants*
- *Premature delivery*

In infants and children who are deficient, *overall growth can be slowed*

In adults, long term folate deficiency can cause *anemia*

Other symptoms of folate deficiency can include:

- *Loss of appetite*
- *Weakness*
- *Headaches*

What is the Difference Between Folate and Folic Acid?

Folate is the water soluble B-vitamin that occurs naturally in some foods. Folic acid is the man-made form that is added to supplements and fortified foods.

Both forms are absorbed by the body and will help you reach your recommended amounts!

It is important to eat foods containing folate or folic acid to reach your daily needs.

Folate rich foods I like:

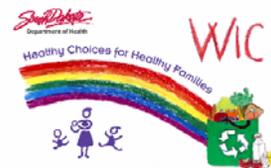
New folate rich foods I will try:

Goal: I will eat _____ serving(s) of folate rich foods a day.

KEY NUTRIENT



Folate



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Facts on Folate...

Why is Folate so Important?

Folate is one of the B vitamins. Folate is needed in adults and children to produce red blood cells. The body also needs folate to make DNA and RNA, and is especially important during times of rapid cell division like **pregnancy** and **infancy!** Because it is difficult to get the recommended amounts of folate from foods, the Institute of Medicine recommends taking a supplement that contains **folic acid**. Breastmilk and formula provide your infant with all the folate they need during the first 6 months of life!

Women of childbearing age should have 400 micrograms of *folic acid* a day. This should come from a multivitamin containing Folic acid or food sources. Folic acid is very important during the first couple weeks of pregnancy, usually before moms even know they're pregnant. For this reason, it's very important to make sure you are getting enough folic acid at least 30 days prior to getting pregnant.

How Much Folate is Needed?

Institute of Medicine Suggests:

- 1-3 years old = 150 micrograms
- 4-8 years old = 200 micrograms
- 9-13 years old = 300 micrograms
- 14+ years old = 400 micrograms
- Pregnant Women = 600 micrograms
- Lactating Women = 500 micrograms

Food Sources

- Broccoli
- Spinach
- Asparagus
- Peas
- Avocado
- Cereals with added folic acid
- Sunflower seeds
- Peanuts
- Dried beans and peas
- Oranges
- Grapefruit
- Whole wheat bread



Sample Menu

Breakfast

Scrambled egg
Cooked potatoes
Whole wheat toast*
Orange juice*



Lunch

Cheese sandwich made with:
American cheese
Whole wheat bread*
Mixed green salad made with:
Iceberg lettuce, romaine lettuce, and raw spinach*
Cantaloupe*
Low fat milk

Dinner

Chili*
Carrot sticks
Pineapple
Cornbread*
Low fat milk

Snacks

Banana
Raw cauliflower
Orange
Whole wheat toast* with
Peanut butter*



*High in folic acid or folate