

WHAT IS FOLATE?

Folate, also called vitamin B9, is naturally present in many foods. A man-made (synthetic) form of folate, called folic acid, is used in dietary supplements and added to fortified foods.

Our bodies need folate to make DNA and other genetic material. Folate helps tissues grow and cells work.



What foods provide folate?

- ✦ Asparagus
- ✦ Lentils
- ✦ Spinach
- ✦ Black beans
- ✦ Kidney beans
- ✦ Sunflower seeds
- ✦ Collard greens
- ✦ Broccoli
- ✦ Whole grains
- ✦ Breakfast cereals

How much do I need?

The best way to get the daily requirement of folate is to eat a wide variety of fruits, vegetables, fortified foods, nuts, legumes (dried beans), lentils and whole grains.

Recommended Dietary Allowances (RDAs) for folate

Men: 400 mcg

Women: 400 mcg

Am I getting enough?

Most people in the United States get enough folate. However, certain groups of people are more likely than others to have trouble getting enough folate:

- ✦ Teen girls and women aged 14 - 30 years (especially before and during pregnancy).
- ✦ Non-Hispanic black women.
- ✦ People with disorders that lower nutrient absorption such as celiac disease and inflammatory bowel disease.
- ✦ Alcoholics.

References:

1. Folate. (n.d.). Retrieved January 21, 2015, from <http://ods.od.nih.gov/factsheets/folate-healthprofessional/>



What happens if I do not get enough?

Folate deficiency is rare in the United States, but some people get barely enough.

- Getting too little folate can result in a type of anemia known as megaloblastic anemia, which causes weakness, fatigue, trouble concentrating, irritability, headache, heart palpitations and shortness of breath.
- Folate deficiency can also cause open sores on the tongue and inside the mouth as well as changes in the color of the skin, hair or fingernails.
- Women who do not get enough folate are at risk of having babies with neural tube defects, including spina bifida. It can also increase the likelihood of having a premature or low birth weight baby.

Did You Know?

- 1/2 cup of cooked spinach provides you with about 100 mcg of folate.

Pasta with Artichokes, Beans and Spinach

Rich in protein, fiber, vitamin A, folate and lots of other vitamins and minerals!

Ingredients:

- 5 oz. angel hair pasta, whole wheat
- 2 ¾ cup fresh spinach, chopped
- 1 scallion, sliced
- 4 artichoke hearts, sliced
- 1 tbsp. extra virgin olive oil
- 2 tbsp. tomato paste
- 2 cloves garlic, chopped
- ½ tsp. raw cane sugar
- 1 red bell pepper, seeded, halved and sliced
- 1 tbsp. marjoram
- ½ tsp. salt
- 1/2 cup fava beans, fresh or frozen

Directions:

1. Boil the pasta until done; tender but not mushy, drain and rinse when done.
2. Chop the scallions and peppers and mince the garlic.
3. Meanwhile, gently heat the oil in large saucepan.
4. Add the scallions, garlic and bell pepper and gently sauté for two minutes.
5. Stir in the beans, spinach and artichoke hearts.
6. Add the tomato paste, sugar and marjoram and a little water, if necessary.
7. Cover and very gently simmer for 10 minutes.
8. Season with the salt and serve with the cooked pasta.



| Nutrition Facts | |
|--|-----------------------------|
| Serving Size 1 1/2 cup (340g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 500 | Calories from Fat 90 |
| % Daily Value* | |
| Total Fat 10g | 15% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 320mg | 13% |
| Total Carbohydrate 87g | 29% |
| Dietary Fiber 30g | 120% |
| Sugars 10g | |
| Protein 23g | |
| Vitamin A 45% | Vitamin C 140% |
| Calcium 15% | Iron 35% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |



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