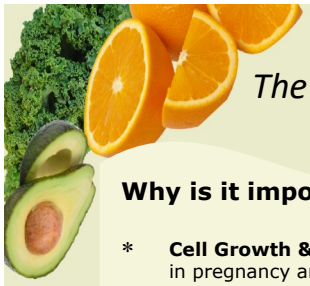


Vitamin B9 (Folate)

The Essential Vitamin for Health & Wellness

Why is it important?

* **Cell Growth & Division:** Vital for new DNA synthesis, especially in pregnancy and infancy.
* **Brain Health**: Supports mood regulation and cognition.
* **Heart Health**: Helps lower homocysteine (an amino acid) for a healthy heart
* **Pregnancy**: Reduces risk of neural tube defects in babies.

Fun Fact

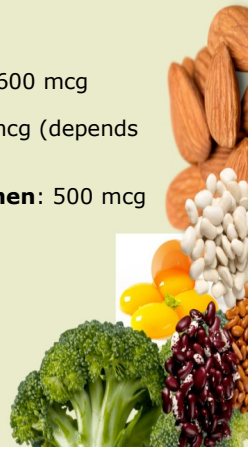
Folate is **water-soluble**, meaning your body doesn't store it— so you need a daily intake to stay healthy!

What foods is it in?

- **Citrus Fruits** (Oranges, Papaya, Avocado)
- **Leafy Greens** (Spinach, Kale, Romaine Lettuce)
- **Fortified Grains** (Cereals, Bread)
- **Nuts & Seeds** (Almonds, Sunflower Seeds)
- **Eggs** (Egg Yolks)
- **Legumes** (Lentils, Chickpeas, Beans)
- **Veggies** (Asparagus, Broccoli, Brussels Sprouts)

Recommended Daily Intake

* **Adults**: 400 mcg
* **Pregnant Women**: 600 mcg
* **Children**: 150-400 mcg (depends on age)
* **Breastfeeding Women**: 500 mcg



Deficiency Warning!

Symptoms of low folate may include :

Fatigue
Anemia
Memory Issues
Birth Defects (in pregnancy)

Folate-Rich Foods and Serving Sizes:

1. Leafy Green Vegetables

* **Spinach** (cooked): 1 cup = 263 mcg folate
* **Turnip greens** (cooked): 1 cup = 260 mcg folate
* **Romaine lettuce** (raw): 1 cup = 64 mcg folate
* **Kale** (cooked): 1 cup = 35 mcg folate

2. Legumes

* **Lentils** (cooked): 1 cup = 358 mcg folate
* **Chickpeas** (cooked): 1 cup = 282 mcg folate
* **Black beans** (cooked): 1 cup = 256 mcg folate

3. Fortified Grains

* **Fortified breakfast cereal** (e.g., whole grain or bran): 1 serving (about 3/4 cup) can provide 100-400 mcg of folate (depends on the brand)
* **Fortified pasta**: 1 cup cooked = 180 mcg folate
* **Enriched white rice** (cooked): 1 cup = 90 mcg folate

4. Fruits

* **Oranges**: 1 medium = 40 mcg folate
* **Papaya**: 1/2 cup = 55 mcg folate
* **Strawberries**: 1 cup = 40 mcg folate
* **Avocado**: 1 medium = 160 mcg folate

5. Nuts and Seeds

* **Sunflower seeds**: 1/4 cup = 82 mcg folate
* **Peanuts**: 1/4 cup = 41 mcg folate
* **Almonds**: 1/4 cup = 40 mcg folate

6. Other Vegetables

* **Broccoli** (cooked): 1 cup = 168 mcg folate
* **Brussels sprouts** (cooked): 1 cup = 78 mcg folate
* **Asparagus** (cooked): 1/2 cup = 134 mcg folate

7. Animal Products

* **Liver (beef)** (cooked): 3 ounces = 215 mcg folate
* **Eggs**: 1 large = 24 mcg folate
* **Chicken liver** (cooked): 3 ounces = 165 mcg folate

8. Other Sources

* **Tofu** (firm): 1/2 cup = 50 mcg folate
* **Folic acid supplement**: Typically comes in 400 mcg doses for adults

You can mix and match foods from these categories to meet the daily

Sources:

* NIH (National Institutes of Health) - https://ods.od.nih.gov/factsheets/Folate-HealthProfessional/
* Mayo Clinic - https://www.mayoclinic.org/folate/expert-answers/faq-20058345
* CDC - https://www.cdc.gov/ncbddd/folicacid/index.html
* Harvard T.H. Chan School of Public Health - https://nutritionsource.hsph.harvard.edu/folic-acid/