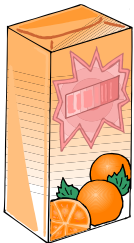


Healthy Eating: FOLATE¹

Linda B. Bobroff²



Why is folate important?



Folate is one of the B vitamins. Our bodies use folate to build proteins and to make new cells. Folate is especially important for women of childbearing age, pregnant and nursing women, growing children and older people.

If you don't get enough folate, you could develop anemia. You also could be at higher risk for heart disease, stroke, cancer, or memory problems.

How much folate do I need?

Older adults need 400 micrograms (µg) of folate a day.

Good Sources of Folate

FOOD	FOLATE (µg)
Spinach, cooked, ½ cup	130
Kidney beans, cooked, ½ cup	115
Fortified cereal, 1 serving	100 – 400
Peanuts, dry roasted, ½ cup	80
Orange juice, 1 cup	75
Romaine, shredded, 1 cup	75

What foods contain folate?

- ♣ Green leafy vegetables
- ♣ Orange juice
- ♣ Beans and lentils
- ♣ Peanuts
- ♣ Fortified cereals and breads

If you do not get enough folate from the foods you eat, you may need to take a supplement. Supplements contain a form of the vitamin called folic acid.



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