



Introduction to
Nutrition and Wellness
Nutrition and Food Science Program

FOLATE

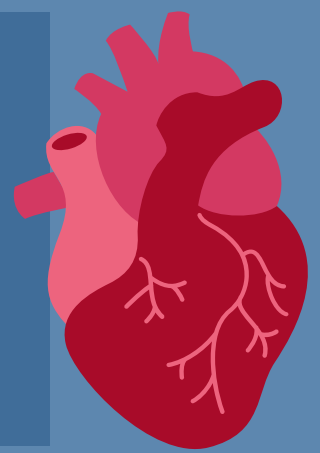
FOLATE (B-9)

Folate is a water soluble B vitamin.

It occurs naturally in some foods, added in others, and can be taken as a supplement.

Fun Facts!

- Folate is used to make DNA in the body.
- Folate can reduce the risk of cardiovascular disease.



Age	Male	Female	Pregnancy	Lactation
9-13 yrs	300 mcg DFE	300mcg DFE		
14-18 yrs	400 mcg DFE	400 mcg DFE	400 mcg DFE	400 mcg DFE
19 yrs	400 mcg DFE	400 mcg DFE	400 mcg DFE	400 mcg DFE

FOODS WITH FOLATE

- Breakfast cereals, fortified with 25% of the DV (100 mcg)
- Rice, white, medium-grain, cooked 1/2 cup (90 mcg)
- Spaghetti, cooked, enriched, 1/2 cup (74 mcg)



SUPPLEMENTATION

Common doses range from 680 to 1,360 mcg DFE (400 to 800 mcg folic acid) in supplements for adults



FOLATE DEFICIENCY

Symptoms of folate deficiency can include weakness, fatigue, difficulty concentrating, irritability, headache, heart palpitations, and shortness of breath.

GROUPS AT RISK OF DEFICIENCY

Pregnant women, women of child bearing age, people with alcohol disorder, malabsorptive disorder, and with MTHFR polymorphism are all at risk of folate deficiency.

