**FOLATE** (VITAMIN B₉)

**MAIN FUNCTIONS**
- Required for DNA synthesis
- Supports cell growth and repair
- Helps prevent neural tube defects

**GOOD SOURCES**

- **Legumes**
  - beans • peas • lentils
  - Lentils (cooked), ½ cup, 179 µg DFE

- **Green Leafy Vegetables**
  - kale • spinach
  - Spinach (cooked), ½ cup, 131 µg DFE

- **Fortified Food & Supplements**
  - Sliced Bread (enriched), 1 slice, 84 µg DFE

**DAILY RECOMMENDATION**

- Adults: 400 µg DFE
- Pregnant Women: 600 µg DFE

**SPECIAL NOTES**

- Folate is a general term that refers to both natural folates in food and folic acid, the synthetic form used in supplements and fortified food.
- DFE = a unit of measure that accounts for differences in the absorption of naturally occurring food folate and synthetic folic acid.
- To reduce the risk of neural tube defects, all women capable of becoming pregnant should consume 400 µg folic acid/day in addition to the folate obtained from a varied diet.
- Very high-dose folic acid supplementation (5,000 µg) can mask a vitamin B₁₂ deficiency, specifically signs of nerve damage.