

# FOLATE (VITAMIN B<sub>9</sub>)



## MAIN FUNCTIONS

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

## DAILY RECOMMENDATION

**400**  
µg DFE

Adults

**600**  
µg DFE

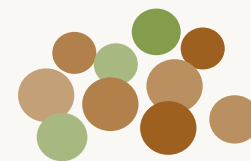
Pregnant  
Women

## GOOD SOURCES

### Legumes

beans • peas • lentils

- Lentils (cooked),  
½ cup, 179 µg DFE



### Green Leafy Vegetables

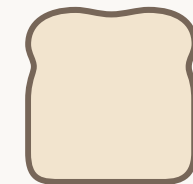
kale • spinach

- Spinach (cooked),  
½ cup, 131 µg DFE



### Fortified Food & Supplements

- Sliced Bread  
(enriched),  
1 slice, 84 µg DFE



µg = micrograms; DFE = Dietary Folate Equivalents

## 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 B<sub>12</sub> deficiency, specifically signs of nerve damage.