



# Increasing your Folate Intake: Tip Sheet

Folate is a water-soluble B vitamin found in foods that helps make red blood cells, keep blood vessels and heart healthy and reduce risks of some birth defects. Folic acid is a form of folate that is found in supplements.

## How Much Folate Should I Consume?

AGE	Micrograms (mcg) of Folate per day
Men and Women 19-50	400*
Men and Women 51 and older	400
Pregnant Women	600
Breastfeeding Women	500

\*Recommended that all females capable of becoming pregnant consume 400mcg from supplements or fortified foods **in addition** to intake of food folate from a varied diet.

No more than 1000 mcg/day of folate including sources from food and supplements should be consumed by any individual over the age of 19 years.

## How Much Folate Should My Child Consume?

Age	Micrograms (mcg) of Folate per day
Boys and girls 1-3	150
Boys and girls 4-8	200
Boys and girls 9-13	300
Boys 14-18 years old	400
Girls 14-18 years old	400*

\*Recommended that all females capable of becoming pregnant consume 400mcg from supplements or fortified foods **in addition** to intake of food folate from a varied diet.

## Ways to Increase your Folate Intake

1. Consume vegetables and fruit every day.

Food	Micrograms (mcg) of Folate
125 mL (1/2 cup) of edamame/baby soybeans cooked	106-255
125 mL (1/2 cup) of spinach cooked	121-139
4 sprouts of asparagus, cooked	128-141
125 mL (1/2 cup) of broccoli	89
250 mL (1 cup) of lettuce romaine or mesclun	65-80
½ of a papaya fruit	56
½ of an avocado	81
1 orange fruit	48

2. Consume meat and meat alternatives that are high in folate.

Food	Micrograms (mcg) of Folate
75 g (2 ½ oz) of liver cooked (turkey, chicken)	420-518
9 clams	25
175 mL (¾ cup) of lentils cooked	265
175 mL (¾ cup) of peas cooked (chickpeas, black-eyed, pigeon)	138-263
60 mL (¼ cup) of sunflower seeds without shell	77-81
75 g (2 ½ oz) of soy burger/vegetarian meatloaf or patty cooked	59
60 mL (¼ cup) of soy nuts	59

- Make sure to always read the food labels to ensure all the foods consumed are gluten free. Also look at the nutrition facts table to see the amount of folate in that specific product. Some gluten-free grain products are fortified with folic acid, so make sure to check the label!

**NOTE:** Be sure to consult a physician or dietitian regarding Folic Acid supplements.

*This information is adapted from:*

*Dietitians of Canada. Food sources of Folate. In: Practice-based Evidence in Nutrition [PEN]. 2016 June 10 [cited 2018 July 18]. Available from: <http://www.pennutrition.com.subzero.lib.uoguelph.ca/KnowledgePathway.aspx?kpid=5877&trid=12742&trcatid=467>. Access only by subscription or sign up for a free two week trial.*

*Dietitians of Canada. Facts about Folate. In: Unlock Food. 2018 March 5 [cited 2018 July 18]. Available from: <http://www.unlockfood.ca/en/Articles/Vitamins-and-Minerals/Facts-about-Folate.aspx>*

*Shelley Case. Gluten Free the Definitive Resource Guide. 2016 September [cited 2018 July 18].*

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