

The Healing Nutrients

FOLIC ACID OR FOLATE

What folic acid does

Folic acid is one of the B vitamins. It has been linked to prevention of cancer, specifically lung cancer among smokers. It has also been linked to the prevention of neural tube birth defects. Research continues on its important role in helping prevent depression in older adults.

How much folic acid you need

The RDA for folic acid has recently been lowered to 200 micrograms (mcg or μg). This amount is sufficient for preventing folic acid deficiency. It is not clear if this amount is sufficient for preventing the diseases discussed above. The RDA for folic acid during pregnancy is 400 micrograms.

Where you get folic acid

		<u>cal</u>	<u>fat</u>	<u>Folic Acid</u>
Lentils	1 cup	231	1	358 mcg
Pinto Beans	1 cup	235	1	294 mcg
Garbanzos	1 cup	269	4	282 mcg
Black bean	1 cup	227	1	256 mcg
Okra, cooked	1/2 cup	34	0	134 mcg
Spinach, cooked	1/2 cup	21	0	133 mcg
Orange juice	1 cup	113	0	110 mcg
Spinach, raw	1 cup	12	0	110 mcg
All-bran cereal	1/3 cup	71	1	100 mcg
Wheat germ	1/4 cup	107	2	99 mcg
Asparagus	1/2 cup	23	0	89 mcg
Artichoke	1 medium	60	0	87 mcg
Romaine	1 cup	9	0	77 mcg
Broccoli, cooked	1/2 cup	33	0	77 mcg