

A WOMAN'S

GUIDE TO

FOLATE DEFICIENCY

BE PROACTIVE,
SAVE LIVES



WHAT IS FOLATE DEFICIENCY?

Folate (vitamin B9) deficiency is a severe lack of an important micronutrient!

CAUSES OF FOLATE DEFICIENCY

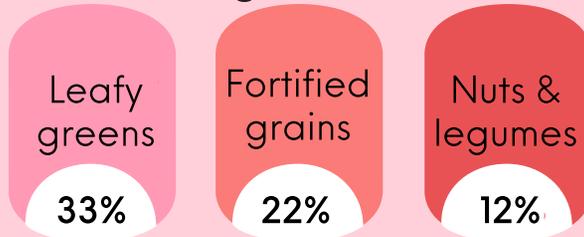
- Lack of folate in diet
- Poor nutrient absorption
- Medication (ex: birth control pills)
- Rapid growth (ex: pregnancy)
- High alcohol consumption

HOW MUCH FOLATE DO YOU NEED PER DAY?

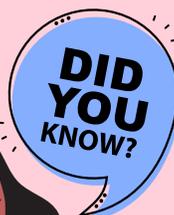


WHERE TO GET YOUR DAILY FOLATE

Per Serving



* Of your guideline daily amount



Folate levels in women ages 15-29 are often particularly low, as folate is needed during menstruation and ovulation. **Think you may have a folate deficiency?** Consider whether or not you eat a balanced diet.

FOLATE IN PREGNANCY

Folate is needed for cell growth, development & reproduction. Folate deficiency affects your child just as much as it, does you! **Low folate intake can cause:**

DID YOU KNOW?
50% of Canadian pregnancies are unplanned, so it can't hurt to be prepared!

BIRTH DEFECTS
Neural tube defects (NTDs) occur when the spinal tube fails to close during the 1st trimester

LABOUR CONCERNS
Complications include high blood pressure, premature labour & mis-carriage

ABNORMAL PLACENTA
The placenta is where nutrients are transferred from mother to fetus



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FOR MORE FACT INFO PLEASE VISIT:



Folate-Rich RECIPES



Grocery List



Fruits & Veggies

- Banana
- Lettuce
- Red pepper
- Corn
- Avocado



Protein

- Nuts/seeds/peanut butter
- Chickpeas/lentils
- Ground beef
- Eggs



Grains

- Oats
- Enriched cereal
- Fortified bread/tortillas
- Enriched spaghetti



Dairy & Alternatives

- Milk or milk alternative



FOOD TIPS



- When drinking alcohol make sure to consume even more folate
- Vitamin C and acidic foods can increase folate absorption (ex: orange juice and tomatoes)

BREAKFAST:

Oatmeal (1 serving)

1. Boil/microwave ½ cup of rolled or steel cut **oats** with 1 cup of milk or water
2. Top off with sugar or maple syrup, to taste. It's that easy!

*Optional: Add **nuts/seeds**, **banana** and/or **peanut butter**

Fortified cereal with milk

1. Simply add milk to your enriched cereal of choice!

*Optional: Top with **nuts/seeds**, **banana** and/or **peanut butter**



LUNCH:

Chickpea wrap (makes 2 wraps)

1. Boil 1 cup dried **chickpeas** (or use 1 cup canned chickpeas)
2. Add ½ tbsp mayo and mash together
3. Add salt and pepper, to taste
4. Place the chickpea filling on a fortified wheat tortilla (or bread if preferred) and top it off with two pieces of **romaine lettuce**. Roll it up and enjoy!

Taco salad (1 serving)

1. Take 2 cups **mixed greens** or **lettuce**
2. Add ½ cup **kidney** or **black beans**
3. Add ½ cup **red pepper** and ½ cup **corn**
4. Dressing: Your choice!

*Optional: Add **avocado** and **tortillas**



DINNER:

Spaghetti with optional lean ground beef (2 servings)

1. Brown 3oz **ground beef** in a pot
2. Once beef is cooked through, add ½ cup pasta sauce and let sit on heat for 5 minutes
3. Add in 1 cup of **whole wheat** or **enriched spaghetti** and cover with water or your choice of broth
4. Bring to a boil and cook for 15 minutes, stirring constantly

*Optional: Top with parmesan cheese/vegan cheese substitute



SNACKS:

Gluten-free peanut butter cookies (makes 16 cookies)

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1. Preheat oven to 350 degrees F
2. Mix 1 cup **peanut butter** with 1 cup white sugar and a pinch of salt
3. Beat in 1 **egg** until combined
4. Roll the dough into 1-inch balls
5. Place balls of dough onto a lined cookie sheet and press them down with a fork in a cross-pattern
6. Bake for 10 minutes and let cool

Trail mix with high fibre cereal, nuts and dried fruits

*Optional: Add chocolate chips

