

Pregnancy & Folic Acid

(Folate)

Folic acid is very important for baby development during the very early stages of gestation specifically for preventing neural tube defects. The neural tube is in the first 27 days of pregnancy this is what the brain and the spinal cord then develop from.

The recommended daily intake for pre-conception and during pregnancy is 800mcg per day according to the ministry of health. This can be easily met by taking a high quality pregnancy formulated supplement and eating a nutritious diet. Below are some examples of folic acid rich foods.

Food Group	Foods	Quantities	Folic acid mcg value
Fruit	Honey dew	1 Cup	100
	Avocado	1/2 Cup	55
	Orange	1	50
	Rock Melon	1 Cup	40
Grains/Nuts	Almonds/ Cashew Nuts	1/3 Cup	40
	Wholemeal flour	1/2 Cup	35
Veges (cooked)	Broccoli	1 Cup	180
	Brussel Sprouts	1 Cup	145
	Spinach	1 Cup	120
	Sweet Corn	2 Cobs	85
	Green peas	3/4 Cup	75
	Cauliflower	1 Cup	70
	Beetroot	4 Slices	60
	Baked beans	3/4 Cup	50
	Kumara	1 med	35
	Tomato (raw)	1 med	30
	Green beans	1/2 Cup	25
	Potatoes	2 med	25
	Onion	1 Cup	25
	Coleslaw	1/2 Cup	20
	Lettuce (raw)	1 Cup	20
Other	Marmite or Vegemite	1 tsp	100

If you have a Salad with

1 Cup Lettuce
 1/2 Avocado
 4 Slices of Beetroot
 1 Tomato

Serving 2 people

Each person would get:
 82.5mcg of Folic acid
 0.6mg of Iron

References:

Coory, D. (2003). Stay Healthy by supplying what is lacking in your diet. (8th Ed). Tauranga: Zealand Publishing House.
 Ministry of Health New Zealand. (2003). Food & Nutrition guidelines for healthy & breastfeeding women: A background paper.
 Naish, F., & Roberts, J. (1996). The Natural way to Better Babies. New South Wales: Random House.