

Meeting Folate Needs with Sickle Cell Disease

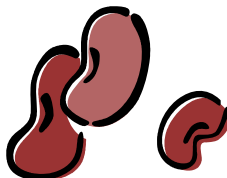
Boost Your Folate Intake

Folate is an important nutrient in our diet because it helps to make new red blood cells. This is especially important with Sickle Cell Disease. Your doctor may prescribe folic acid, but you can also try to incorporate folate rich foods into your diet.



Increasing Folate in Your Diet

- Have a glass of 100% orange juice with your breakfast
- Choose darker green lettuce and greens, like romaine, green leaf, or raw spinach for salads or sandwiches
- Add some strawberries to your breakfast cereal
- Try a burrito or taco filled with beans instead of beef or chicken



Folate – Rich Foods List:

<i>Food</i>	<i>Serving size</i>	<i>Folate (mcg)</i>
Breakfast cereals	½-1 ½ cups	100-400
Lentils, cooked	½ cup	180
Collard greens, boiled	1 cup	177
Chickpeas	½ cup	141
Asparagus	½ cup	132
Spinach, cooked	½ cup	131
Black beans	½ cup	128
Burrito w/ beans	2	118
Kidney beans	½ cup	115
Papaya	1 medium	115
Baked beans w/ pork	1 cup	92
Lima beans	½ cup	78
Tomato juice	1 cup	48
Brussels sprouts	½ cup	47
Orange	1 medium	47
Strawberries	1 cup	40
Broccoli, cooked	½ cup	39
Wheat germ	2 tbsp	38
Fortified white bread	1 slice	38



Folate Needs:

<i>Age Groups:</i>	<i>Folate Needs:</i>
1-3 years old	150 mcg
4-8 years old	200 mcg
9-13 years old	300 mcg
14+ years old	400 mcg