

TIP OF THE WEEK



Beans and Greens: Eat for Folate

Vitamin B9 (folate) is required for DNA repair, cell division, and cell growth. Folate deficiency can lead to anemia in adults, and slow development in kids. In pregnant women, folate is especially important for fetal development. Here is a list of high folate foods:

- #1: Beans
- #2: Lentils
- #3: Spinach
- #4: Asparagus
- #5: Lettuce
- #6: Avocados
- #7: Broccoli

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