

Food Sources of Vitamins and Minerals



Folic Acid (B9)

Folic Acid (B9) is part of the B vitamin complex and yet we will discuss it on it's own due to the great deal of attention it has received in recent years. Deficiencies in Folic Acid are known causes of birth defects and anemia. A lack of Folic Acid in the diet has been linked to several types of cancers including cervical and breast cancer.

It is relatively easy to get enough Folic Acid in your diet due to the wide variety of food sources. However, poor dietary intake in combination with any of the lifestyle issues that deplete Folic Acid can lead to deficiency.

Rich in the following foods...

Asparagus, Broccoli, Brussels Sprouts
Green Beans & Green Peas
Beets, Carrots
Green Leafy Veggies - Kale, Collards, Spinach, Cabbage
Citrus fruits Grapefruit & Oranges
Banana, Strawberries, Pear
Dried Beans - Black, Garbanzo, Kidney, Navy, Pinto, Lentils
Eggs & Milk
Fish & All Seafood
Liver
Nutritional yeast

Supports the following systems...

Blood (supports blood cell formation along with other B vitamins)
Nervous (nerve function, cognitive ability, nerve development in the fetus)

Depleted by...

Sugar, coffee, alcohol, high carb diets, stress, diseases of the small intestine (celiac), antacids

Further Reading

[FAQs on Folic Acid](#)

[Prenatal Health and Folic Acid](#)

[University of Maryland Folic Acid](#)

[Weston A. Price Foundation -
Traditional Diets](#)

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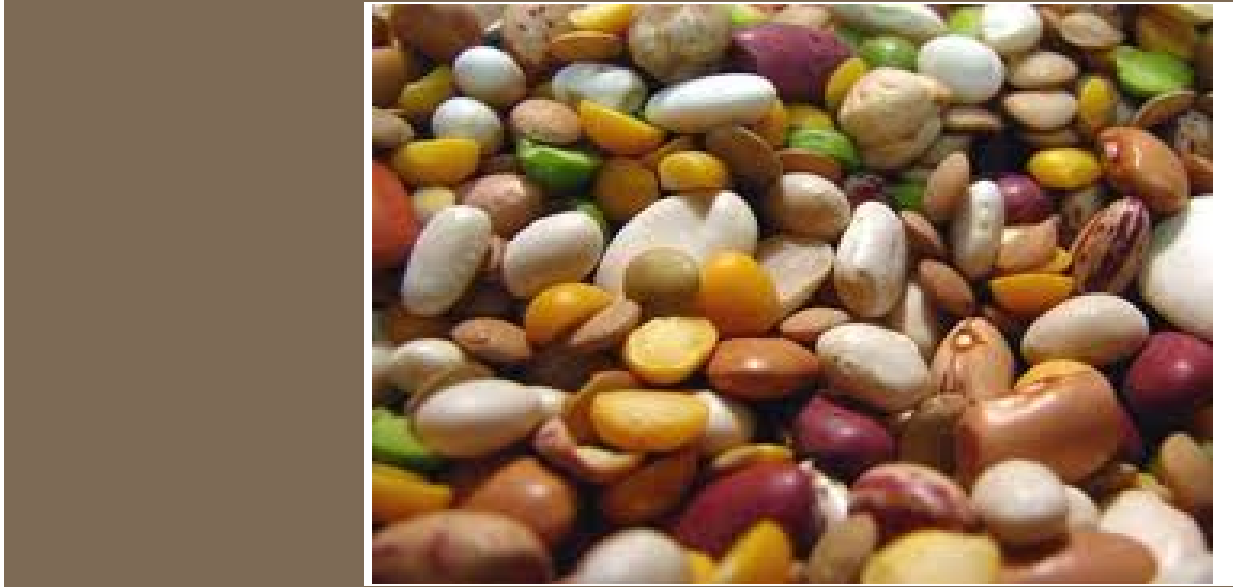
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