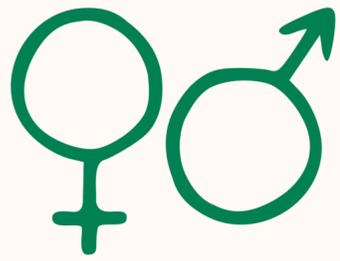




Folic Acid



What does it do?

Assists in neural tube development i.e. the formation of the early brain and spine of a foetus

This can help reduce the risk of your baby developing neural tube defects (NTD's) such as:

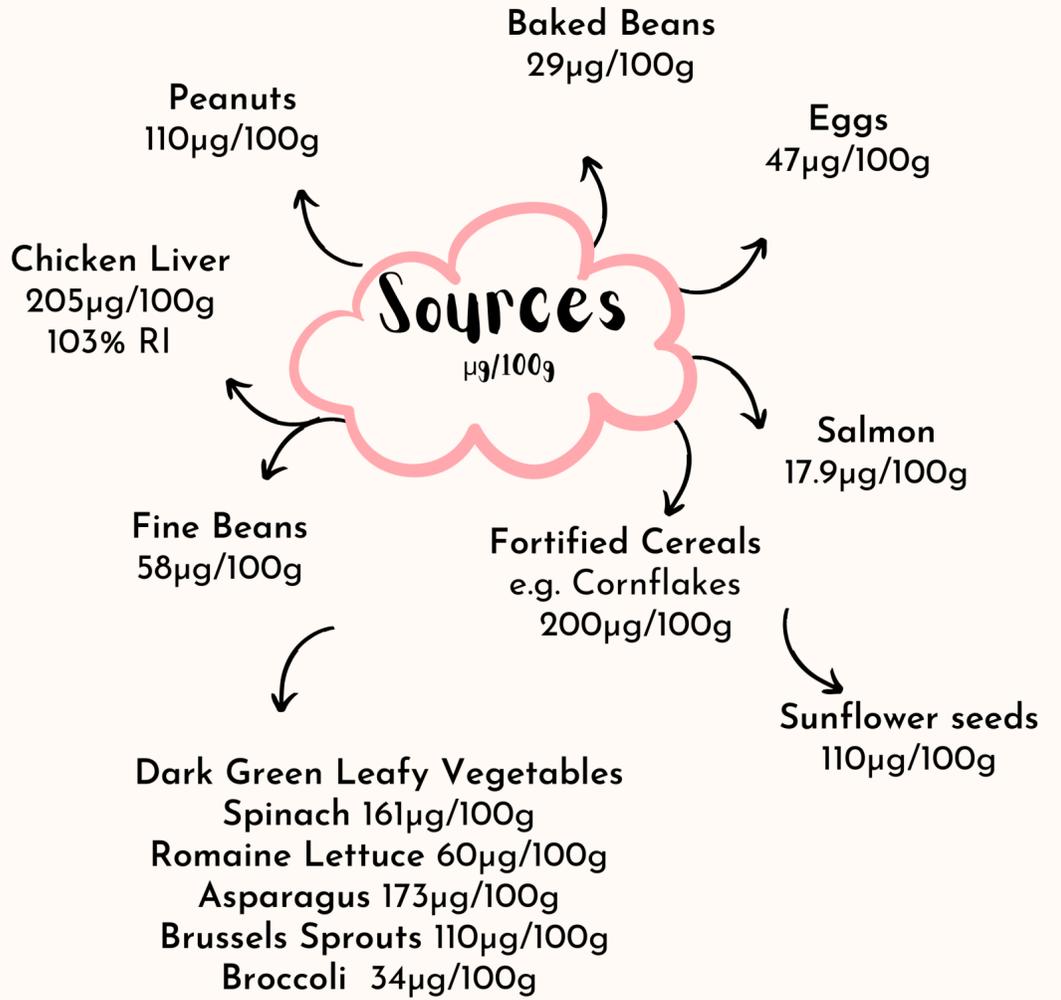
- Spina Bifida
- Anencephaly

Can also protect your baby against:

- Cleft lip and palate
- Low birth weight
- Premature birth
- Miscarriage

Plays a significant role in the production of red blood cells

May play a role in improving sperm count and quality



How much do I need?

RI - Females:
200µg per day

RI - Males:
200µg per day

Pregnancy

A 400µg daily supplement for 12 weeks before conception and during pregnancy is recommended

Some people may be advised to take a daily 5mg supplement of folic acid if the risk of NTD is higher

Recipe Idea... Stir Fried Salmon and Greens

Ingredients

- 1 tbsp Sesame Oil
- 1 Salmon Fillet
- 75g Broccoli Florets
- 75g Fine Beans
- 1 tbsp Sunflower Seeds
- 1 tbsp Light Soy Sauce
- 1 tbsp White Miso Paste
- 1 tsp Grated Ginger
- 1 tsp Garlic Paste
- 80g Wholegrain Brown Rice

Method

- Preheat oven to 200C
- line a baking sheet and bake salmon for 20 minutes
- Cook rice as per packet instructions
- Heat the sesame oil in a pan over a high heat
- add green beans and broccoli and flash fry for. 2 minutes
- Add garlic, ginger and miso paste and cook for a further 2 minutes until fragrant
- Turn heat down slightly and cook for a further 4 minutes or until al dente
- Add soy sauce and stir through.
- Flake the baked salmon and stir through
- Plate up the rice and top with the stir fried vegetable and salmon mix
- Top with sunflower seeds to serve

Per Portion

Kcals: 446
Folic Acid: 114µg (57% RI)