



A nutrition Fact Sheet



Delicious Ways to Get More Folic Acid

Supplements can be an important way to get folic acid, but food offers the benefit of great taste! Get yourself into a folic acid habit by including good food sources in all your meals. When you are grocery shopping, check the labels on bread and cereal products to make sure that you are getting the folic acid that your body needs. The CDC (Centers for Disease Control and Prevention) recommends that all women of child-bearing age consume 400 micrograms of folic acid each day. This is because half of US pregnancies are unplanned and folic acid can prevent birth defects that occur very early in pregnancy, before most women know that they are pregnant. The meal and snack suggestions and the table below show examples of foods that provide at least 10% of the recommended daily amount of folic acid.

Breakfast Bonanzas

- Orange juice and fortified cereal
- Whole wheat toaster waffles with frozen berries
- Whole wheat English muffin with peanut butter
- Oatmeal with sliced berries

Luscious Lunches

- Lentil soup and whole wheat crackers
- Spinach salad with chickpeas
- Bean chili with a green salad
- Tuna sandwich with a fruit salad
- Veggie soup with whole wheat roll

Quick Snacks

- Whole orange or banana
- Toasted soybeans
- Peanuts or pistachios
- Whole grain cereal and milk
- Tomato juice

Delightful Dinner Dishes

- Baked beans
- Steamed asparagus or beets
- Stir-fried broccoli
- Three bean salad
- Spinach and avocado salad

| Food/serving size | % Daily Value (400 mcgs) |
|-----------------------------|-----------------------------|
| Spinach, 2 cups raw | 55% |
| Spinach, 1 cup cooked | 50% |
| Lentils, ½ cup cooked | 45% |
| Chickpeas, ½ cup cooked | 35% |
| Asparagus, ½ cup cooked | 30% |
| Orange juice, 1 cup | 27% |
| Peanuts (dry-roast), ⅓ cup | 25% |
| Pistachios (roasted), 1 oz. | 25% |
| Strawberries, 8 medium raw | 20% |
| Wheat germ, ¼ cup | 20% |
| Enriched bread, 1 slice | 10% |

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Lentil Chili

Yield: 6 servings • Serving Size: 1 cup

- ½ pound lean ground beef
- 1½ cups chopped onion
- 1 clove garlic, crushed
- 2 cups cooked, drained lentils (or canned, drained and rinsed)
- 1- 29 ounce can or 2- 14.5 ounce cans diced or crushed tomatoes
- 1 Tablespoon chili powder
- 1 teaspoon ground cumin (or more, to taste)
- ½ teaspoon salt

1. In a large saucepan, brown beef over medium-high heat, breaking it into bite-sized pieces. Drain fat.
2. Add onion and garlic and cook until softened.
3. Add lentils, tomatoes, chili powder, cumin, and salt. Cook for about 1 hour until flavors are blended.
4. Serve hot, topped with your favorite chili toppings.

Vegetarian White Bean Soup

Yield: 7 servings • Serving Size: 2 cups

- 2 small zucchini, quartered lengthwise and sliced
- 2 cloves garlic, diced
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped carrot
- 2 Tablespoons vegetable oil
- 3 cans (14½ ounces each) low sodium vegetable broth (or 6 cups prepared from bouillon)
- 4 cups cooked navy beans (or canned, drained and rinsed)
- 1 can (14½ ounces) diced tomatoes, undrained
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- ½ teaspoon pepper
- ½ teaspoon salt (or up to 1 teaspoon, as desired)

1. In a large saucepan, sauté the zucchini, garlic, onion, celery, and carrot in oil for 5-7 minutes or until crisp-tender.
2. Add the remaining ingredients. Bring to a boil. Reduce heat. Cover and simmer for 15 minutes or until vegetables are tender.

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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

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| Nutrition Facts | |
|--|---------------------|
| 6 servings per container | |
| Serving size | 1 cup (283g) |
| Amount per serving | |
| Calories | 170 |
| % Daily Value* | |
| Total Fat 2g | 3% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 20mg | 7% |
| Sodium 560mg | 24% |
| Total Carbohydrate 24g | 9% |
| Dietary Fiber 7g | 25% |
| Total Sugars 7g | |
| Includes 0g Added Sugars | 0% |
| Protein 15g | |
| Vitamin D 0mcg | 0% |
| Calcium 48mg | 4% |
| Iron 4mg | 20% |
| Potassium 330mg | 8% |
| <small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> | |

| Nutrition Facts | |
|--|----------------------|
| 7 servings per container | |
| Serving size | 2 cups (450g) |
| Amount per serving | |
| Calories | 230 |
| % Daily Value* | |
| Total Fat 5g | 6% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 440mg | 19% |
| Total Carbohydrate 38g | 14% |
| Dietary Fiber 13g | 46% |
| Total Sugars 7g | |
| Includes 0g Added Sugars | 0% |
| Protein 10g | |
| Vitamin D 0mcg | 0% |
| Calcium 130mg | 10% |
| Iron 4mg | 20% |
| Potassium 654mg | 15% |
| <small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> | |