

## Folic Acid Nutrition

Folic Acid Nutrition Folic acid is a water soluble vitamin of B-complex which plays an important part in cell metabolism. B9 or folic acid acts as a coenzyme with vitamins B-12 and vitamin C, in the breakdown of metabolism of proteins and in the synthesis of new proteins. The good sources of folic acid are the green leafy vegetables like turnip greens, spinach, broccoli, brussel sprouts, cabbage, cauliflower, peas, jacket potato, parshnips and asparagus. Green leafy vegetable include plant leaves eaten as vegetable which is accompanied by tender petioles and shoots. It comes from a wide variety of plants. Leafy vegetables very often come from the short-lived herbaceous plants such as turnip green, spinach and lettuce. Cereals are another source of folic acid. Other sources of folic acid are the tinned baked beans, sunflower seeds, French beans, legumes, peanuts, white flour, enriched cornmeal, marmite, egg yolks, and milk Grains are also good sources of folic acid. It comes in fortified breakfast cereal which can be eaten cold and also by mixing with milk or fruit and whole wheat products. Folic acid is found in liver, eggs, beans and sunflower seeds and in meat and beans as well. Fruits like oranges, strawberries, cantaloupes, kiwi fruit, papaya, grape fruit, banana and other melons are also very good sources of folic acid. To get adequate amount of folic acid individuals should eat a variety of food which contain folic acid. However, folic acid can be lost from food while preparing, cooking or storage. So to retain the value of folic acid in the food it is important to note that some tactics have to be implemented. Raw fruits and vegetables should be served whenever possible, and while cooking the vegetable should be steamed, boiled or simmered in a minimal amount of water to avoid overcooking. The vegetables and fruits should be stored in a refrigerator. Deficiency in pregnant women leads to birth defects like neural tube defects. During pregnancy folic acid is required for the production and maintenance of cells in the body of the pregnant woman, and to replicate DNA. Women's body use folic acid for making new cells for her baby, so every women requires folic acid for the healthy development of new cells of her baby's body. The Folic acid deficiency causes DNA synthesis and division of the cell, affecting the bone marrow. Folic acid plays an important part for all pregnant women. Folic acid often works to deliver a number of health benefits to the body. It supports and increases the rate of metabolism and maintains healthy skin. It enhances the function of the nervous system and immune system. It also promotes the growth and division of cells like red blood cells which prevent anemia. Consuming folic acid with every meal does neutralize the formation of toxic homocysteine in the blood stream which reduces the risk of heart diseases like stroke and other type of vascular diseases. It has been discovered that the intake of folic acid helps to prevent cancer, because it plays an important part in the synthesis and functioning of DNA.