



Folate & Fertility Cheat Sheet

(Optimizing Preconception & Pregnancy Health)

Why Folate Matters for Fertility

- Supports **egg quality** and **ovulation**
- Reduces risk of **neural tube defects (NTDs)**
- Improves **sperm health and motility**
- Aids **DNA synthesis and repair**

Folate vs. Folic Acid: Which One?

✓ **Folate (Natural Form)** - Found in whole foods, easier to absorb

✓ **Methylfolate (L-5-MTHF)** - Best for those with MTHFR mutations

X **Folic Acid (Synthetic)** - Requires conversion, may not work for everyone

Top Folate-Rich Foods (Per Serving)

🥬 **Leafy Greens** - Spinach, kale, romaine lettuce (100-200 mcg)

🍲 **Legumes** - Lentils, chickpeas, black beans (200-300 mcg)

🥑 **Avocado** - (80-100 mcg)

🍊 **Citrus Fruits** - Oranges, lemons (50- 60 mcg)

🌰 **Nuts & Seeds** - Sunflower seeds, flaxseeds (50-100 mcg)

🥦 **Cruciferous Veggies** - Broccoli, Brussels sprouts (85-100 mcg)

Learn more at: <http://fertility-nest.com/>



Daily Folate Needs for Fertility

👩 **Women TTC (Trying to Conceive)** - 400-800 mcg

👩 **Pregnant Women** - 600-800 mcg

👨 **Men** - 400 mcg

📌 Recommended Supplements:

- Choose Methylfolate (L-5-MTHF) over folic acid
- Look for a prenatal or fertility multivitamin with folate & B12
- Take supplements with food for better absorption

Folate Optimization Tips

- Eat a whole food diet rich in folate sources
- If supplementing, choose bioavailable forms (methylfolate)
- Pair folate with B12 & iron for enhanced benefits
- If you have an MTHFR mutation, avoid synthetic folic acid

Disclaimer

This guide is for informational purposes only and is not a substitute for professional medical advice. Consult a healthcare provider before making any changes to your diet or supplement routine.

Learn more at: <http://fertility-nest.com/>