



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
- ✗ **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.

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