

Low folate levels guidance

Your recent blood tests have come back showing that you have a low folate level.

This can be for various reasons-

- Poor intake in your diet
- Excess alcohol - if you think this is an issue, please seek help and advice
- Bowel problems - if you have bowel problems and have not already discussed this with your GP, please make an appointment

Good sources of folate / folic acid are:

- Spinach, kale, Brussels sprouts, cabbage, broccoli
- Beans and legumes (e.g. chickpeas, lentils, blackeye beans, kidney beans)
- Fortified foods (e.g. some brands of breakfast cereals – check the label)
- Nuts and seeds
- Yeast and beef extracts
- Oranges and orange juice
- Wheat bran and other wholegrain foods
- Eggs
- Poultry, pork, shellfish and liver

Due to your low levels, we would ask that you initially attempt to improve your diet and take folic acid supplements for 4 months, a prescription for this will be sent to your nominated pharmacy.

After finishing your medication, we would suggest you continue with your improved diet.