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EDIBLE BEANS OF ONTARIO

Folate Facts

Folate and your Growing Baby

*Folate protects your
unborn baby against
neural tube defects
– birth defects of
the spine and brain.*

*An example of a
neural tube defect
is spina bifida.*

Beans Help Build a Better Baby

EDIBLE BEANS OF ONTARIO

What do you know about folate?

TRUE OR FALSE

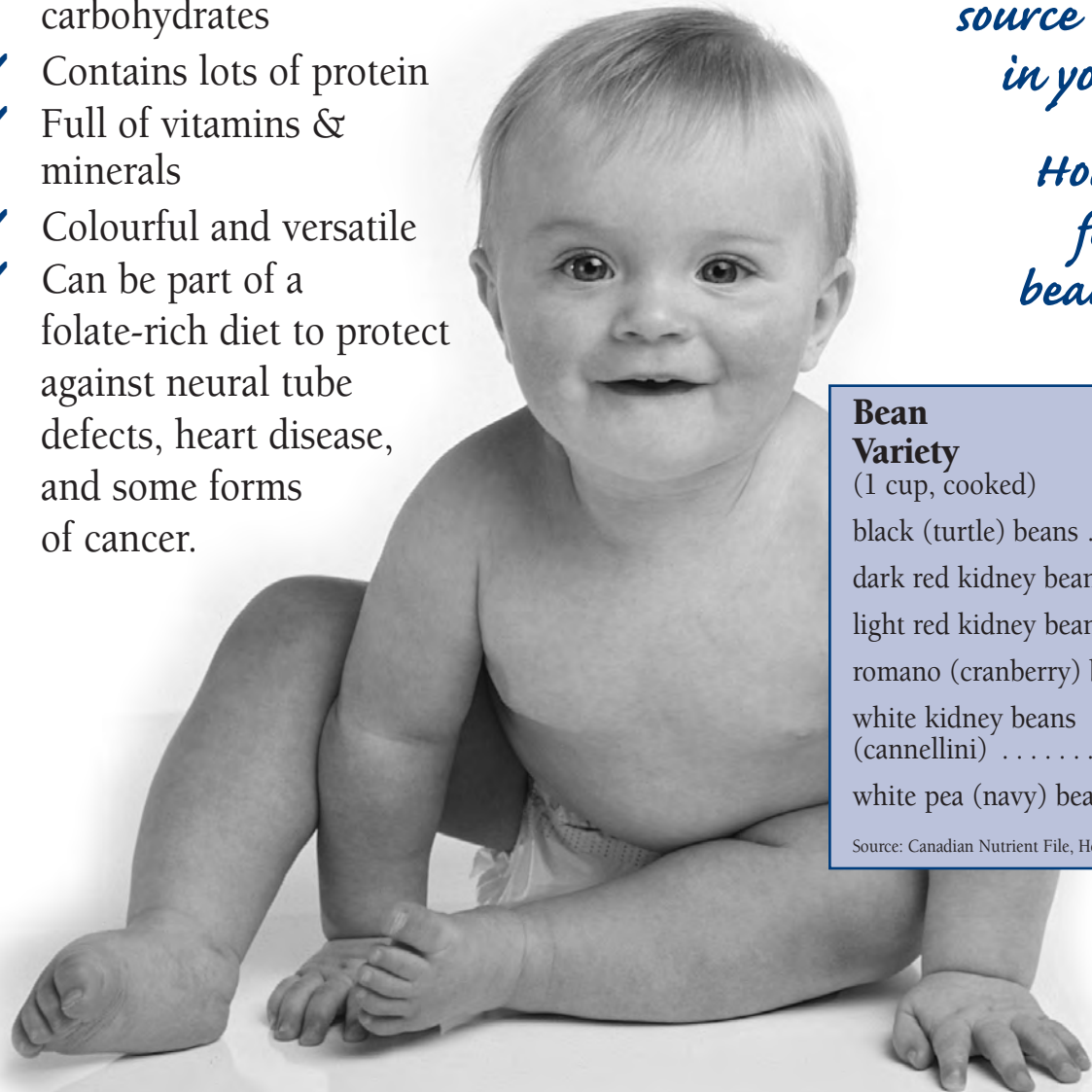
1. Folate is a B-vitamin. T F
2. A woman who is planning a pregnancy needs to eat more folate-rich foods. T F
3. Beans are important sources of folate. T F

Folate Facts

1. **TRUE.** Folate is one of the eight B-vitamins you need to be healthy. Folate is sometimes called folic acid or folacin.
2. **TRUE.** If you are planning to become pregnant, folate is a very important nutrient to include in your diet, before conception and during the first few weeks of pregnancy. Enjoy eating more folate-rich foods.
3. **TRUE.** Beans are some of the best sources of folate. One cup of cooked beans will help you meet your daily folate requirements. Please contact your health care provider for your folate needs.

Beans are best for many reasons:

- ✓ Nutritious & delicious
- ✓ High in fibre
- ✓ Low in fat
- ✓ Great source of complex carbohydrates
- ✓ Contains lots of protein
- ✓ Full of vitamins & minerals
- ✓ Colourful and versatile
- ✓ Can be part of a folate-rich diet to protect against neural tube defects, heart disease, and some forms of cancer.



Folate helps in your unborn baby's cell development.

Folate is also needed to form healthy red blood cells.

Beans are an excellent source of folate in your diet.

How much folate do beans offer?

Bean Variety (1 cup, cooked)	Amount of Folate (mcg/cup)
black (turtle) beans	217
dark red kidney beans	182
light red kidney beans	182
romano (cranberry) beans .	364
white kidney beans (cannellini)	182
white pea (navy) beans . . .	259

Source: Canadian Nutrient File, Health Canada, 1997