



Sickle Cell Anemia Folate Nutrition

A healthy diet can do it all! Sickle cell anemia occurs when abnormal, sickled shape red blood cells cause a lack of oxygen to be distributed to the body's tissues. Because of this, an approach to accommodating sickle cell anemia is folate supplementation. Folate is a vitamin that aids in red blood cell production. By consuming a diet sufficient in folate, a person with sickle cell can reduce pain, fatigue, and other symptoms associated with anemia. Following is a list of foods high in folate that can aid with sickle cell anemia:

- **Dark leafy greens:**
 - Spinach — 1 cup = 65% DV*
 - Collard Greens — 1 cup = 44% DV
 - Turnip Greens — 1 cup = 42% DV
 - Mustard Greens — 1 cup = 26% DV
 - Romaine Lettuce — 1 cup = 19% DV
- **Asparagus** – 1 cup = 65% DV
- **Broccoli** – 1 cup = 24% DV
- **Beans and lentils:**
 - Lentils – 1 cup = 90% DV
 - Pinto beans – 1 cup = 74% DV
 - Garbanzo beans – 1 cup = 71% DV



- Black beans – 1 cup = 64% DV
- Kidney beans – 1 cup = 57% DV
- **Fruits:**
 - Papaya — One papaya = 29% DV
 - Oranges — One orange = 10% DV
 - Grapefruit — One grapefruit = 8% DV
- **Okra** – 1 cup = 10% DV
- **Sunflower seeds** – ¼ cup = 21% DV
- **Beets** – 1 cup = 34% DV
- **Celery** – 1 cup = 8%



***DV – daily value**