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*