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Identification of the prepared foods promising for dietary folate intake in Beijing, China

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Folates are an important vitamin to maintain women's and men's health, but folates are not stable. Light, heat, ultraviolet radiation, oxidation and different pH can cause the degradation or transformation of folate. In this study, the identification of the prepared foods promising for dietary folate intake in Beijing, China was studied. The main developments are as follows:

We analysed the folate content of 64 common foods and beverages in Beijing. Including carbohydrates/staples (11), vegetables (22), fruits (13), meat, eggs and milk (9) and beverages (9), the total folate content was 0.28 ~ 129 µg/100 g fresh weight, the average was 21.18 µg/100 g. The content of folate in egg yolk and waxy corn was the highest (> 120 µg/100g) and the content in vegetables was in the middle. Such as chili, spinach, bean sprouts, stem lettuce, coriander and cauliflower (44-72 µg /100 g), Coca-Cola had the lowest folate content (0.28 µg / 100 g). 5-methyltetrahydrofolate is the main folate derivative in various foods, accounting on average for 72% of total folate. These data will help estimate daily folate intake and provide dietary recommendations for improving folate status in humans.

These results provide a reference for the preservation of folate in food preparation at home and in factories and provide guidance for human daily dietary nutrition.

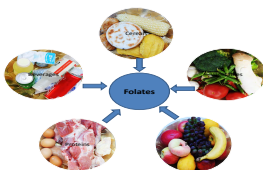


Figure 1: Dietary folates from daily life

Recent Publications

1. Islam M. S, Liu. J, Jiang. L, Zhang. C, Liang. Q (2021) Folate content in fresh corn: Effects of harvest time, storage and cooking methods, *Journal of Food Composition and Analysis*, 1-6
2. Islam M. S, Mehmood S, Zhang C, Liang Q., (2020). Identification of the prepared foods promising for dietary folate intake in Beijing, China, *Food Science & Nutrition*, 1–11.
3. Liang. Q; Islam M.S; Wang. S; Wang. L; Chen. H; Cheng. X; Zhang. C (2022) Investigation of folate composition and influence of processing on folate stability in pulse accessions developed in China, *Journal of Food Composition and Analysis*

Biography

Md Shariful Islam is from Bangladesh. He is now working as a researcher at the Biotechnology Research Institute, Chinese Academy of Agricultural Sciences, Beijing, China. he was awarded a Chinese Government Scholarship in 2018 as a research assistant and Ph.D. fellow under the Biotechnology Research Institute, China.

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