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# Dietary Folate Equivalent

National Cancer Institute

## Source

National Cancer Institute. *Dietary Folate Equivalent*. NCI Thesaurus. Code C68511.

A term used to describe the Recommended Dietary Allowance of folate; the term accounts for the easier absorption of folate in supplements and fortified foods as compared with the absorption of folic acid found naturally in foods. One Dietary Folate Equivalent (DFE) = 1 microgram food folate = 0.6 microgram folic acid from supplements and fortified food.