

Father's folate levels linked to abnormalities in offspring

Finally it is the turn of prospective fathers to be told what to eat – men who want to be dads should ramp up their intake of green vegetables and cut out junk food. A study published in Nature Communications found that fathers with a diet deficient in folate (found in greens such as spinach, sprouts and broccoli) were more likely to have offspring with abnormalities of the head, face and sternum (breastbone) and a buildup of fluid on the brain.

The researchers linked their findings to changes in regions of sperm DNA that are altered by folate. They also found chemical changes in the DNA of genes associated with the development of chronic diseases such as diabetes and cancer.

Read the full, original story: [Does eating greens give dads healthier babies?](#)