Folate (µg DFE) Female Male Africa Americas Supply (µg DFE) 600 Country 400 200 Asia Europe Oceania 90-94 years 95+ years 0-11 mo. 2–5 years 2–2-5 years 25–29 years 30–34 years 35–39 years 45–44 years 55–59 years 55–59 years 55–59 years 55–59 years 2-5 years - 20-24 years - 25-29 years - 30-34 years - 35-39 years - 40-44 years - 45-49 years -50–54 years = 55–59 years = 6–10 years = 60–64 years - 70–74 years - 75–79 years - 80–84 years - 85–89 years - 90–94 years -65-69 years -70-74 years -75–79 years – 80–84 years – 85–89 years – 90–94 years – 95+ years – 15-19 years 60-64 years 6-10 years