Folic Acid
Take it for Your Health

KEEP THIS CARD IN YOUR PURSE TO REMIND YOU OF HOW TO GET ENOUGH FOLIC ACID EVERY DAY!

• Take one multivitamin each day that lists 400 mcg or (0.4 mg) of folic acid or folate on the label.
• Connect taking your vitamin with a daily activity, such as brushing your teeth, so you do it every day.
• Generic vitamins work the same as name brands, and they are usually cheaper.
• If it is hard to swallow a multivitamin, get a chewable one that lists 400 mcg of folic acid.
• Talk to your healthcare provider, pharmacist or nutritionist if you need more help.

Folic Acid in Foods
Foods are fortified when they have extra folic acid added. Check the labels for the amounts.

Some fortified foods are:
Bread and rolls  Crackers  Rice
Breakfast cereals  Macaroni  Spaghetti

Other foods high in natural folate include:
Black beans  Orange juice  Spinach
Black-eyed peas  Peanuts  Split peas
Broccoli  Pinto beans  Sunflower seeds
Mustard greens  Refried beans  Turnip greens

For more information call toll-free
1-866-852-1247
WIC: 1-800-942-1636

Or visit these websites:
www.cdc.gov/ncbddd/folicacid
www.folicacidnow.net
www.marchofdimes.com/pregnancy/folicacid.html
www.michigan.gov/birthdefectsinfo
www.cdc.gov/preconception/showyourlove/index.html

Birth Defects Prevention Program
Adapted with permission from North Carolina Folic Acid Council.
MDHHS is an Equal Opportunity Employer, Services and Programs Provider.
10,000 Printed at 10.6 Cents each with a total cost of $1,185.00.
Folic Acid—
You Need It Every Day
Keeping yourself healthy will help you to look and feel your best. So take a good look at what you are eating. Even when you eat healthy, it’s hard to get the right amount of folic acid every day. Taking a multivitamin that has the B-vitamin folic acid in it is a good choice.
The folic acid found in multivitamins works best for good health. Folic acid is also called folate and folacin.
Eating healthy foods is another smart - and inexpensiove - way to look and feel great! Dark green leafy vegetables, dried beans and peas, enriched grains and fruits such as oranges are high in folate.

You’re Worth It!
Good health looks good. More importantly, good health feels good. So be good to your body by eating right. And be sure to consume 400 micrograms of folic acid a day. This simple step will put you on the road to looking and feeling your best.

If you are 16-45 years old — when most women can become pregnant— folic acid helps prevent up to 70% of birth defects of the spine and brain.

Plus, it may help prevent birth defects of the lip, palate, and heart. Even before you think about having a baby, you need to consume 400 mcg of folic acid a day, because not all pregnancies are planned.

Spina Bifida

Anencephaly

The easiest way to get the right amount of folic acid is to take a multivitamin that has 400 mcg of folic acid every day.

Aim to get 100% DV, or 400mcg every day!