



Michigan WIC
Nutrition Education Module for State
Sharing

Before and Between Babies!

Moms Always Need Folic Acid

Self-Directed Education for Pregnant and Post-Partum Women



Baby in Sling. Courtesy of [WIC Image Gallery](#).

Special acknowledgement to the following organizations that developed this lesson:
Washtenaw County (MI) WIC Program
Michigan WIC Nutrition Education Advisory Team

Michigan Department of Health and Human Services, WIC Program, Lansing, Michigan
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This institution is an equal opportunity provider.

Before and Between Babies!

Moms Always Need Folic Acid

Getting enough folic acid can help you have a healthy pregnancy and is needed by your body every day.

Folic acid comes from foods such as citrus fruits and juices, dark leafy green vegetables, asparagus, broccoli, beans, and fortified breads, cereals, pasta and rice.

Also, taking a multi-vitamin with folic acid can help prevent birth defects.



Baby Face. Courtesy of [Pixabay](#).

Please select one of the following statements that best describes you:

- **I am already eating folic acid-rich foods and taking a multi-vitamin with folic acid. [Turn to Page 2](#)**
- **I have recently tried eating more folic acid-rich foods and taking a multi-vitamin with folic acid. [Turn to Tab C](#)**
- **I may need to make some changes. I know I'm not eating enough folic acid-rich foods and I'm not sure if my multi-vitamin contains folic acid. [Turn to Tab D](#)**
- **I'm not sure if I need to make changes. I'm not taking a multi-vitamin with folic acid and I don't know if I'm eating enough folic acid-rich foods. [Turn to Tab E](#)**

Great!

It is good that you are already eating folic acid-rich foods and taking a multi-vitamin with folic acid.

This may help you have a healthy pregnancy.



Pregnant Mom. Courtesy of [Pixabay](#).

Have you been eating foods rich in folic acid and taking a multi-vitamin with folic acid *for several months*?

Yes — Turn to Tab A

No — Turn to Tab B

Insert Tab A divider

Congratulations!

It is great you have been eating foods rich in folic acid and taking a multi-vitamin with folic acid.

Please read one or more of the following articles to keep making good choices.



[Daily, Ralph](#)



Vegetable Market. Courtesy of [Pixabay](#).



Meat, Fish. Courtesy of [Pixabay](#).

Download, print, and insert one of more of the Maintenance reading materials below:

“Folic Acid”

<https://www.womenshealth.gov/files/documents/fact-sheet-folic-acid.pdf>

Readability - Grade 6

(Also available in Spanish at https://espanol.womenshealth.gov/img/hhswomenshealth/OWH_FS_FolicAcid_ENG_2015_SPA.pdf)

“Why Every Woman Needs Folic Acid.”

<http://www.onlineordersff.com/images/pdfs/9711.pdf>

Readability – Grade 9

(Also available in Spanish at <http://www.onlineordersff.com/images/pdfs/9712.pdf>)

Congratulations!
You have completed your lesson.



Approval. Courtesy of [Pixabay](#).

**Please complete the *Client Feedback Form* provided
and return it to the appropriate WIC Staff.**

Insert Tab B divider

Great Effort!

You should be proud that you are eating folic acid-rich foods and taking a multi-vitamin with folic acid.

Please read one or more of the following articles to help you keep making good choices.



[Ligthelm, Rick.](#)



[Phams, Michael.](#)



Cereal Bowl. Courtesy of [odonata98/Flickr.](#)

Download, print and insert one or more of the Action reading materials below:

“Folic Acid”

<http://womenshealth.gov/publications/our-publications/fact-sheet/folic-acid.pdf>

Readability - Grade 6

(Also available in Spanish at <http://womenshealth.gov/espanol/publicaciones/nuestras-publicaciones/alimentos-no-comer-embarazo.pdf>)

“Why Every Woman Needs Folic Acid.”

<http://www.onlineordersff.com/images/pdfs/9711.pdf>

Readability – Grade 9

(Also available in Spanish at <http://www.onlineordersff.com/images/pdfs/9712.pdf>)

Congratulations!
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Insert Tab C divider

Good for you!

You can do it and you're not alone.

Many people find it challenging to eat enough folic acid-rich foods and take a multi-vitamin with folic acid.

Getting enough folic acid helps you grow a healthy baby.

Please read one or more of the following articles to help you.



Oranges in Bowl. Courtesy of [Pixabay](#).



Cereal Stripes. Courtesy of [Pixabay](#).



Asparagus. Courtesy of [Pixabay](#).

Download, print and insert one or more of the Preparation reading materials below:

“Congratulations, Mom You Have a Beautiful Baby.”

[http://www.cdc.gov/ncbddd/orders/pdfs/
Congrats_Mom_Brochure_English508.pdf](http://www.cdc.gov/ncbddd/orders/pdfs/Congrats_Mom_Brochure_English508.pdf)

Readability - Grade 6

(Also available in Spanish at [http://www.cdc.gov/ncbddd/orders/pdfs/
Congrats_Mom_Brochure_Spanish508.pdf](http://www.cdc.gov/ncbddd/orders/pdfs/Congrats_Mom_Brochure_Spanish508.pdf))

“Facts About Folic Acid.”

[http://www.cdc.gov/ncbddd/folicacid/documents/
factsaboutfolicacid_english.pdf](http://www.cdc.gov/ncbddd/folicacid/documents/factsaboutfolicacid_english.pdf)

Readability - Grade 8

(Also available in Spanish at [http://www.cdc.gov/NCBDDD/Spanish/
folicacid/documents/FactsAboutFolicAcid_Spanish.pdf](http://www.cdc.gov/NCBDDD/Spanish/folicacid/documents/FactsAboutFolicAcid_Spanish.pdf))

Congratulations!
You have completed your lesson.



Approval. Courtesy of [Pixabay](#).

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Insert Tab D divider

Wonderful!

It is good that you are considering learning about adding folic acid-rich foods and taking a multi-vitamin with folic acid.



Oranges Bright. Courtesy of [Pixabay](#).

Please read one or more of the following articles to help you.



Kale. Courtesy of [Pixabay](#).



Black Beans. Courtesy of [Pixabay](#).



Spaghetti Dinner. Courtesy of [jshj/Flickr](#).

Download, print, and insert one or more of the Contemplation reading materials below:

“Congratulations, Mom You Have a Beautiful Baby.”

[http://www.cdc.gov/ncbddd/orders/pdfs/
Congrats_Mom_Brochure_English508.pdf](http://www.cdc.gov/ncbddd/orders/pdfs/Congrats_Mom_Brochure_English508.pdf)

Readability - Grade 6

(Also available in Spanish at [http://www.cdc.gov/ncbddd/orders/pdfs/
Congrats_Mom_Brochure_Spanish508.pdf](http://www.cdc.gov/ncbddd/orders/pdfs/Congrats_Mom_Brochure_Spanish508.pdf))

“Healthy Mothers Have Healthier Babies with Folic Acid.”

[http://www.cdc.gov/ncbddd/orders/pdfs/
Healthy_Mothers_English.f508.pdf](http://www.cdc.gov/ncbddd/orders/pdfs/Healthy_Mothers_English.f508.pdf)

Readability – Grade 5

(Also available in Spanish at [http://www.cdc.gov/ncbddd/orders/pdfs/
Healthy_Mothers_Spanish508.pdf](http://www.cdc.gov/ncbddd/orders/pdfs/Healthy_Mothers_Spanish508.pdf))

“You Deserve To Be Your Very Best!”

[http://www.cdc.gov/ncbddd/orders/pdfs/13_243182-B_Kilgo_Non%
20Planner_FA%20Postcard_FINAL.pdf](http://www.cdc.gov/ncbddd/orders/pdfs/13_243182-B_Kilgo_Non%20Planner_FA%20Postcard_FINAL.pdf)

Readability – Grade 7

Congratulations!
You have completed your lesson.



Approval. Courtesy of [Pixabay](#).

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Insert Tab E divider

That's okay.

Please keep in mind that not getting enough folic acid can decrease your chance of having a healthy pregnancy.

Also, your baby may have a higher risk for birth defects, like spina bifida.

Please read one or more of the following articles.



Baby in Sling. Courtesy of [WIC Image Gallery](#).

If you would like to learn more, [turn to Tab D](#).

If you decide later you want to learn more, information is available from your WIC office.

Download, print, and insert one or more of the Pre-Contemplation reading materials below:

“Before You Know You’re Pregnant.”

http://www.cdc.gov/ncbddd/orders/pdfs/09_124501_Before_Brochure_English0995968.pdf

Readability – Grade 7

(Also available in Spanish at http://www.cdc.gov/ncbddd/orders/pdfs/09_124501_Before_Brochure_Spanish0995969.pdf)

“Folic Acid for Healthy Babies.”

http://www.cdc.gov/ncbddd/orders/pdfs/GeneralPublic_Fact_Sheet508.pdf

Readability – Grade 9

(Also available in Spanish at http://www.cdc.gov/ncbddd/orders/pdfs/GeneralPublic_Fact_Sheet508.pdf)

“Folic Acid: Questions and Answers.”

http://www.cdc.gov/ncbddd/folicacid/documents/qanda_english.pdf

Readability – Grade 8

(Available also in Spanish at http://www.cdc.gov/NCBDDD/Spanish/folicacid/documents/FolicAcidQandA_Spanish.pdf)

Congratulations!
You have completed your lesson.



Approval. Courtesy of [Pixabay](#).

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