



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 daily.
- 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 Peanuts Broccoli
Orange juice Split peas Mustard greens
Spinach Sunflower seeds Refried beans
Blackeyed peas Pinto beans Turnip greens



**Birth Defects Education, Outreach
and Surveillance Program**
Michigan.gov/BirthDefectsInfo

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

Or visit these websites:

cdc.gov/ncbddd/folicacid

marchofdimers/find-support/topics/pregnancy/folic-acid

cdc.gov/preconception/index.html

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Folic Acid

Take It for Your Health



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.

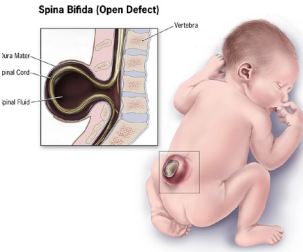
The folic acid found in multivitamins works best for good health. Folic acid is also called folate and folacin.

Eating healthy foods is another smart- and inexpensive- 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. Be sure to consume 400 mcg of folic acid every day. This simple step will put you on the road to looking and feeling your best.

Prevent Birth Defects



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 400mcg of folic acid a day because not all pregnancies are planned.



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.



How to Read This Label

Food labels make it easy to find foods that have folic acid. The labels list what you get in that food compared with what you need everyday.

Vitamins like folic acid are listed on the bottom half of the label. Use the sample label “Nutrition Facts” to learn how to find the amount of folic acid.

Nutrition Facts

Serving Size 3/4 Cup (28g)
Servings per Container about 10

Amount Per Serving		Cereal with 1/2 cup Cereal Skim Milk	
Calories		100	140
Calories from Fat		0	0
% Daily Value**			
Total Fat*	0g	0%	0%
Saturated Fat	0g	0%	0%
Cholesterol	0mg	0%	0%
Sodium	90mg	4%	7%
Total Carbohydrate	23g	8%	10%
Dietary Fiber	3g	12%	12%
Sugars	5g		
Protein 3g			
Vitamin C		0%	2%
Calcium		0%	15%
Folic Acid		25%	25%

Find where folic acid is listed. Read across to find the % Daily Value (DV). The sample says 25%.

DV	mcg	DV	mcg
10%	40	50%	200
25%	100	75%	300
30%	120	90%	360
40%	160	100%	400

Use this chart to see how much folic acid is in your foods.
Aim to get 100% or 400 mcg every day!