



## 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
Blackeye peas	Pinto beans	Turnip greens



### Birth Defects Prevention Program [Michigan.gov/BirthDefectsInfo](https://Michigan.gov/BirthDefectsInfo)

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

#### Or visit these websites:

[cdc.gov/ncbddd/folicacid](https://cdc.gov/ncbddd/folicacid)

[folicacidnow.net](https://folicacidnow.net)

[marchofdimers.com/pregnancy/folicacid.html](https://marchofdimers.com/pregnancy/folicacid.html)

[cdc.gov/preconception/index.html](https://cdc.gov/preconception/index.html)

The Michigan Department of Health and Human Services will not exclude from participation in, deny benefits of, or discriminate against any individual or group because of race, sex, religion, age, national origin, color, height, weight, marital status, gender identification or expression, sexual orientation, partisan considerations, or a disability or genetic information that is unrelated to the person's eligibility.

Adapted with permission from  
North Carolina Acid Council.  
5,000 printed at \$0.124 with a total cost of \$642.19



## 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.

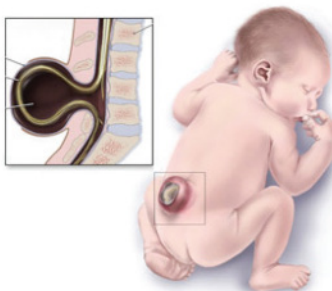
The folic acid found in multivitamins works best for good health. Folic acid is also called folate and folacin.

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. And be sure to consume 400 micrograms 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 prevents 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.



## 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%

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 every day.

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.

- 1 Find where folic acid is listed. Read across to find the % Daily Value (DV). The sample says 25%.
- 2 Use this chart to see how much folic acid is in your foods.

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

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