

Finding folic acid on food labels

Nutrition Facts		
Serving Size	1 Cup (30g/1.1 oz.)	
Servings per Container	11	
Amount Per Serving	Cereal	Cereal with 1/2 Cup Skim Milk
Calories	110	150
Calories from Fat	0	0
% Daily Values**		
Vitamin A	15%	20%
Vitamin C	25%	25%
Calcium	0%	15%
Iron	45%	45%
Vitamin D	10%	25%
Thiamin	35%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	25%	25%
Vitamin B ₁₂	25%	25%
Phosphorus	6%	20%
Magnesium	4%	8%
Zinc	25%	30%
Copper	6%	8%



Folic Acid.....

Make It A Habit

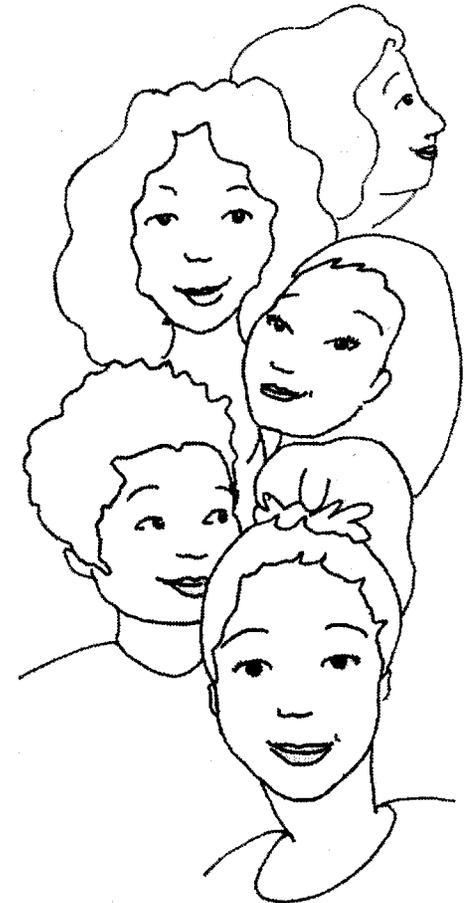
I know folic acid is important for my good health.

To get more folic acid every day, I will . . .

- Take a multivitamin with 400 mcg folic acid.
- Read labels.
- Eat breakfast cereals with 400 mcg of folic acid per serving.
- Increase consumption of foods fortified with folic acid in addition to eating food folate from a varied diet.
- Choose fruit or vegetable juice instead of coffee, tea or soda.

**Simple Rule:
All women
need folic acid.**

Why Every Woman Needs FOLIC ACID



What is folic acid?

- Folic acid is a B vitamin that is often lacking in women's diets.
- Folic acid and folate are different terms for the same B vitamin.

Why do you need folic acid?

- Folic acid can help prevent 50 to 70% of neural tube defects, a type of birth defect (NTDs).
- NTDs occur very early in pregnancy and affect development of a baby's brain and spine.
- Folic acid is necessary for proper cell growth and development of the baby.

When do you need to take folic acid?

- To prevent NTDs, a woman must take folic acid daily before she gets pregnant and continue taking it through the first three months of pregnancy.
- Any woman able to get pregnant should take folic acid.



How much folic acid do you need?

- You need 400 micrograms (mcg) every day.



How can you get enough folic acid?

- The easiest way is to take a multivitamin with 400 mcg of folic acid.
- You can also choose foods that are high in folic acid, but most people have a hard time eating enough foods each day to get the recommended amount of folic acid.

CHOOSE FOODS RICH IN FOLIC ACID

- ◆ Breakfast cereals – Select those with at least 25% of the recommended daily amount of folic acid. (Some cereals are fortified at the 100% level.)
- ◆ Fortified/enriched grain products – including breads, pasta, grits, cereals, and rice
- ◆ Dried beans and peas - canned or dry
- ◆ Juices – orange, pineapple, tomato
- ◆ Fruits – oranges, cantaloupe, honeydew melon, avocado
- ◆ Vegetables – green leafy vegetables such as spinach, turnip greens, and collard greens; broccoli; Brussels sprouts; lima beans; Romaine lettuce; and asparagus
- ◆ Nuts and peanut butter
- ◆ Liver

