5 Prevention Tips for Healthy Communities and Healthy Babies.

Theme Resources

5 Prevention Tips for Healthy Communities and Healthy Babies.

Not all birth defects can be prevented. But you can increase your chances of having a healthy baby by doing what you can to be your healthiest self both before and during pregnancy.

Tip ❶: Be sure to take 400 micrograms (mcg) of folic acid every day.

Folic acid is very important because when taken before and during early pregnancy, it can help prevent some major birth defects of the baby's brain and spine. Our bodies use this B vitamin to make new cells.

Folate is found naturally in certain fruits, vegetables, and nuts. Folic acid, the synthetic or man-made form of folate, is found in fortified foods (called "enriched foods"), such as breads, pastas, and cereals. Balancing all these foods to get the right amount of folic acid in your daily diet can be hard. The easiest way to get the right amount of folic acid is to supplement your diet with a multivitamin that has 400 mcg of folic acid every day.

Free vitamins containing folic acid are available in most states. Zoom in on your state on our Tip Resources Map on our webpage to get more information. Help us identify more resources by retweeting us with the local community resources that you've found to be helpful!

Social Media:

Folic acid is very important because, when taken before and during early pregnancy, it can help prevent some major birth defects of the baby's brain and spine. Women of reproductive ago should consume 400 mcg of folic acid each day. #HealthyCommunitiesHealthyBabies #NBDAM

Did you know that serious birth defects, such as spina bifida and anencephaly can be prevented if women take #FolicAcid daily BEFORE pregnancy? Start taking a daily multivitamin with folic acid for your baby's protection. For more information visit: http://www.nbdpn.org/faaw.php #HealthyCommunitiesHealthyBabies #NBDAM

With about half of U.S. pregnancies unplanned, all women of reproductive ago should consume 400 mcg of folic acid to prevent birth defects. #HealthyCommunitiesHealthyBabies #NBDAM