Folic acid is a B vitamin. Getting 400 micrograms (mcg) of folic acid every day at least a month before becoming pregnant can help prevent serious birth defects of the brain and spine. Here are three ways to get the recommended daily amount of this important nutrient:

**Make it quick!**
A fast way to get your daily dose of folic acid is to take a multivitamin every day. Check the label to be sure it contains the recommended daily amount of 400 mcg.

**Make it easy!**
Many breakfast cereals contain 100% of the recommended daily amount of folic acid per serving. Check the label to be sure.

**Make it delicious!**
Give your vitamin intake a boost by enjoying a healthy smoothie. Blend together these ingredients for a nutritious tropical smoothie: 1 small banana, ½ cup mango, ½ cup pineapple, ¾ cup orange juice, and ice.

To learn more about folic acid, visit http://www.cdc.gov/ncbddd/folicacid/about.html