

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 every day.
- 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.
- Look for “USP” or “NSF” when you choose a multivitamin. They make sure the nutrients in the vitamin pill match the label.
- 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	Orange juice	Spinach
Black-eyed peas	Peanuts	Split peas
Broccoli	Pinto beans	Sunflower seeds
Mustard greens	Refried beans	Turnip greens

**For more information call toll-free
1-866-852-1247
WIC: 1-800-942-1636**

Or visit these websites:

www.cdc.gov/ncbddd/folicacid

www.folicacidnow.net

www.folicacidinfo.org

www.getfolic.com

www.marchofdimes/pregnancy/folicacid.html

www.sbaa.org

www.michigan.gov/birthdefectsinfo

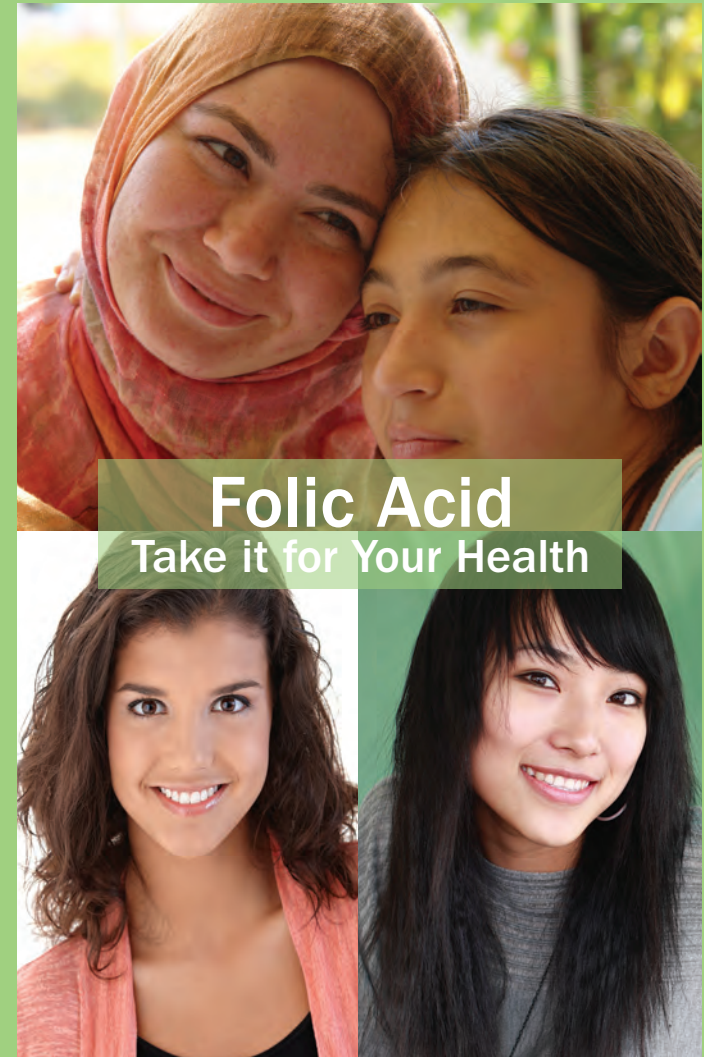


Birth Defects Prevention Program

Adapted with permission from North Carolina Folic Acid Council.

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Folic Acid—

You Need It Every Day

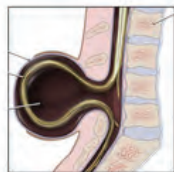
Keeping yourself healthy will help you to look and feel your best. So take a good look at what you are eating. Even when you eat healthy, it's hard to get the right amount of folic acid every day. Taking a multivitamin that has the B-vitamin folic acid in it is a good choice.

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.



Spina
Bifida



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



Anencephaly

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

Nutrition Facts

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

Amount Per Serving	Cereal with 1/2 cup Skim Milk	
	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.

- Find where folic acid is listed. Read across to find the % Daily Value (DV). The sample says 25%.
- 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% DV, or 400mcg every day!