Folic Acid
Take it for Your Health

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
- Breakfast cereals
- Macaroni
- Spaghetti

Other foods high in natural folate include:
- Black beans
- Orange juice
- Black-eyed peas
- Peanuts
- Broccoli
- Pinto beans
- Mustard greens
- Refried beans
- Spinach
- Sunflower seeds
- 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

Rick Snyder, Governor
James K. Haveman, Director

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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 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.

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.

How To Read This Label

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.

<table>
<thead>
<tr>
<th>DV</th>
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<td>40</td>
<td>50%</td>
<td>200</td>
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<td>100%</td>
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Aim to get 100% DV, or 400mcg every day!