

Folic acid is a B-vitamin your body needs every day.



- **Why take folic acid?**

Folic acid helps every cell in your body. Taking folic acid will help your skin glow, your hair shine, and your nails stay healthy and strong. Make folic acid part of your beauty routine.

- **How much folic acid do I need?**

You need at least 400 micrograms (mcg) of folic acid every day.

- **How can I get enough folic acid every day?**

There are two ways to get the 400 micrograms (mcg) of folic acid your body needs every day.



Eat one serving of a cereal that has all the folic acid you need every day. Many cereals do not have enough folic acid, so read the nutrition label on the box.

OR



Take a vitamin that has all of the folic acid you need every day.

Nutrition Facts		
Serving Size: 1 cup (55g)		
Servings Per Container: About 12		
Amount Per Serving	Cereal	With 1/2 cup skim milk
Calories	170	210
Calories from Fat	10	10
% Daily Value		
Total Fat 1g	1%	2%
Saturated Fat 0g	0%	0%
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 240mg	10%	13%
Total Carbohydrate 41 g	14%	16%
Dietary Fiber 5g	20%	20%
Sugars 20g		
Other Carbohydrate 16g		
Protein 4g		
Vitamin A	10%	15%
Vitamin C	0%	0%
Calcium	100%	110%
Iron	100%	100%
Vitamin D	10%	25%
Vitamin E	100%	100%
Thiamin	100%	100%
Riboflavin	100%	110%
Niacin	100%	100%
Vitamin B6	100%	100%
Folic Acid	100%	100%
Pantothenic Acid	100%	100%

Supplement Facts		
Serving Size: One Tablet		
Amount Per Serving		% Daily Value
Vitamin A	5000 IU	100%
Vitamin C	60 mg	100%
Vitamin D	400 IU	100%
Vitamin E	30 IU	100%
Vitamin K	25 mcg	31%
Thiamin (B1)	1.5 mg	100%
Riboflavin (B2)	1.7 mg	100%
Niacin	20 mg	100%
Vitamin B6	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B12	0 mcg	100%

My Action Plan for Pretty Skin, Hair and Nails



Name: _____

For pretty skin, hair and nails, make sure you get 400 micrograms of folic acid every day. Make your folic acid beauty plan below.

Things that I can do for pretty skin, hair and nails

Choose A or B to get 400 micrograms of folic acid:



A. Eat cereal that has 100% of my daily value (DV) of folic acid. I will read the labels to be sure.

OR



B. Take a vitamin with folic acid every day.

Eat foods with natural folic acid:

- Lightly cooked or raw vegetables such as broccoli, spinach, asparagus, or romaine lettuce
- Fruits such as berries, oranges or bananas
- Beans such as black beans, pinto beans or lentils



Am Doing	Steps I Will Take
<input type="checkbox"/>	<input type="checkbox"/>

Useful Websites:

- Find out which cereals have 100% of your daily value of folic acid by visiting www.cdc.gov/ncbddd/folicacid/cereals.html
- Buy fresh fruits and vegetables with natural folic acid at a farmers' markets near you. To find the closest markets and those that accept WIC, visit <http://search.ams.usda.gov/farmersmarkets/default.aspx>

Signature: _____

Date: _____