Folic Acid: Every Woman, Every Day

When is folic acid important for me?

Folic acid is good for all women, even if they don't plan on getting pregnant. It is especially important to have enough folic acid in your body **before** you get pregnant and during the first months of pregnancy.

What kind of birth defects may folic acid prevent?

Taking folic acid before you get pregnant lowers your chances of having a baby with serious birth defects of the brain or spinal cord. It may also lower your chances of having a baby with birth defects of the heart, lip or mouth.

What are the other benefits of folic acid?

You need folic acid for the growth and repair of every cell in your body. Since hair, skin, and nails grow every day, folic acid is really important.

For more information about folic acid, please e-mail:

For English: askus@marchofdimes.org or visit www.marchofdimes.org

For Spanish: preguntas@nacersano.org or visit www.nacersano.org

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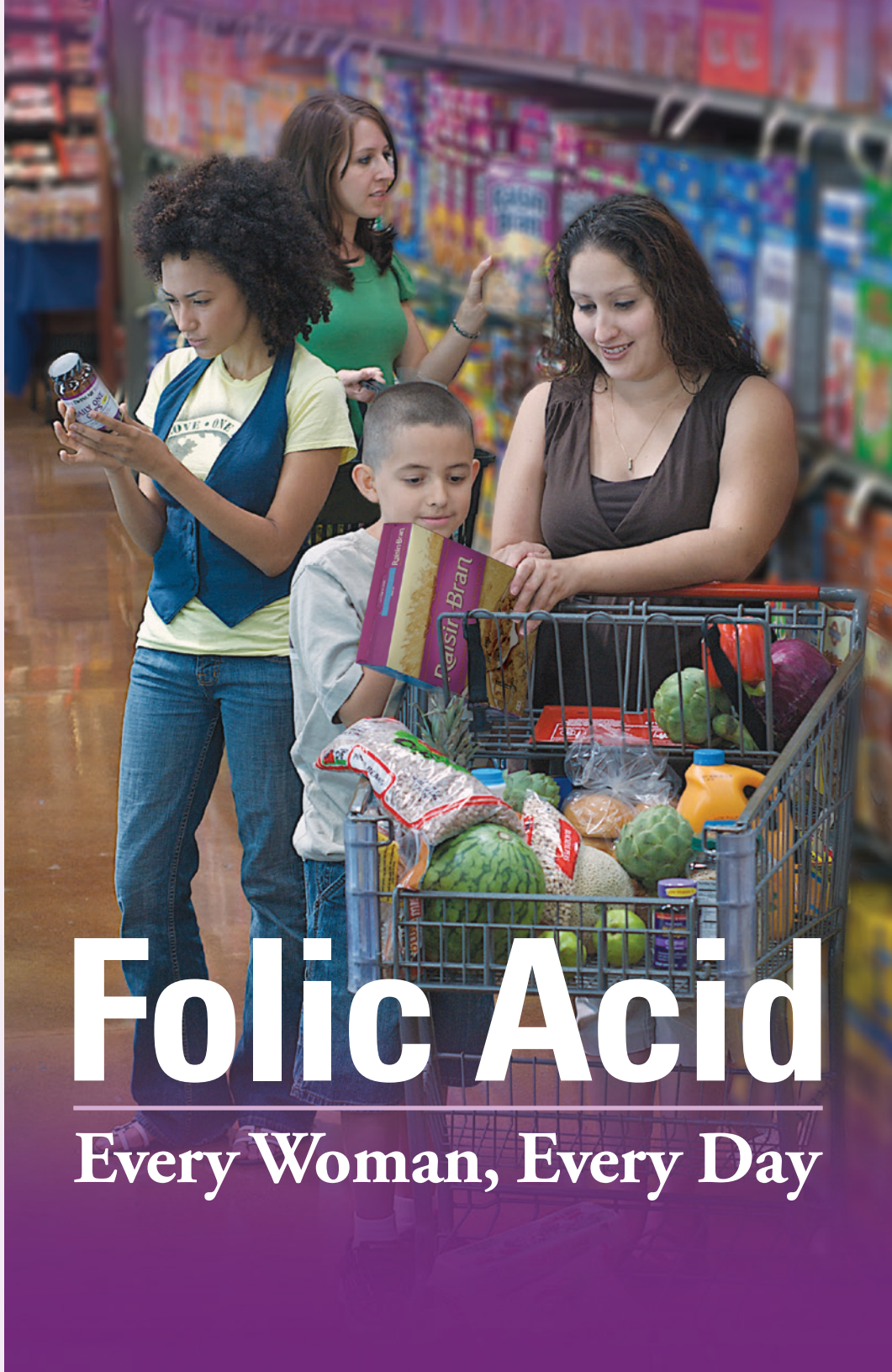

Folic Acid

Every Woman, Every Day

Folic acid is a B-vitamin your body needs every day. And, if you get pregnant, it lowers your chances of having a baby with a birth defect.

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 it is important to read the nutrition label on the box.

or

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

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	6 mcg	100%

How can I find the amount of folic acid on a label?

1. Find the nutrition label on the side of a cereal box or vitamin bottle.
2. Look for the words “folic acid” or “folate” in the left column.
3. Look for number “100%” in the right column. It is important that the number say “100%” of your “daily value” for “folic acid” or “folate”.

Nutrition Facts

Serving Size: 1 cup (55g)
Servings Per Container About 12

Amount Per Serving	(Name of 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%
Potassium 360mg	10%	16%
Total Carbohydrate 41g	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%
Vitamin B12	100%	110%
Pantothenic Acid	100%	100%
Phosphorus	10%	25%
Magnesium	10%	10%
Zinc	100%	100%
Copper	8%	8%