



### Getting Enough Folic Acid

Are you getting enough folic acid? Women of childbearing age need to get plenty of folic acid (folate) to prevent some types of birth defects. Take in **400 micrograms** of folic acid daily from a multivitamin and eat foods high in folic acid.

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Do you know that half of all pregnancies are unplanned? Neural tube defects, such as spina bifida, occur early in pregnancy often before a woman knows she is pregnant, so getting enough folic acid before becoming pregnant is very important.

If you are of childbearing age:

- Take a multivitamin that contains 400 micrograms of folic acid. It can cut the risk of neural tube defects in half!
- Eat grain products fortified with folic acid, such as fortified cereals, and enriched breads, rolls, rice, and pasta.
- Eat foods naturally rich in folate such as:
  - beans, peas, and legumes
  - citrus fruits and juices
  - dark green leafy vegetables
  - liver

***How can you get enough folic acid?***