

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: _____