

# 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.

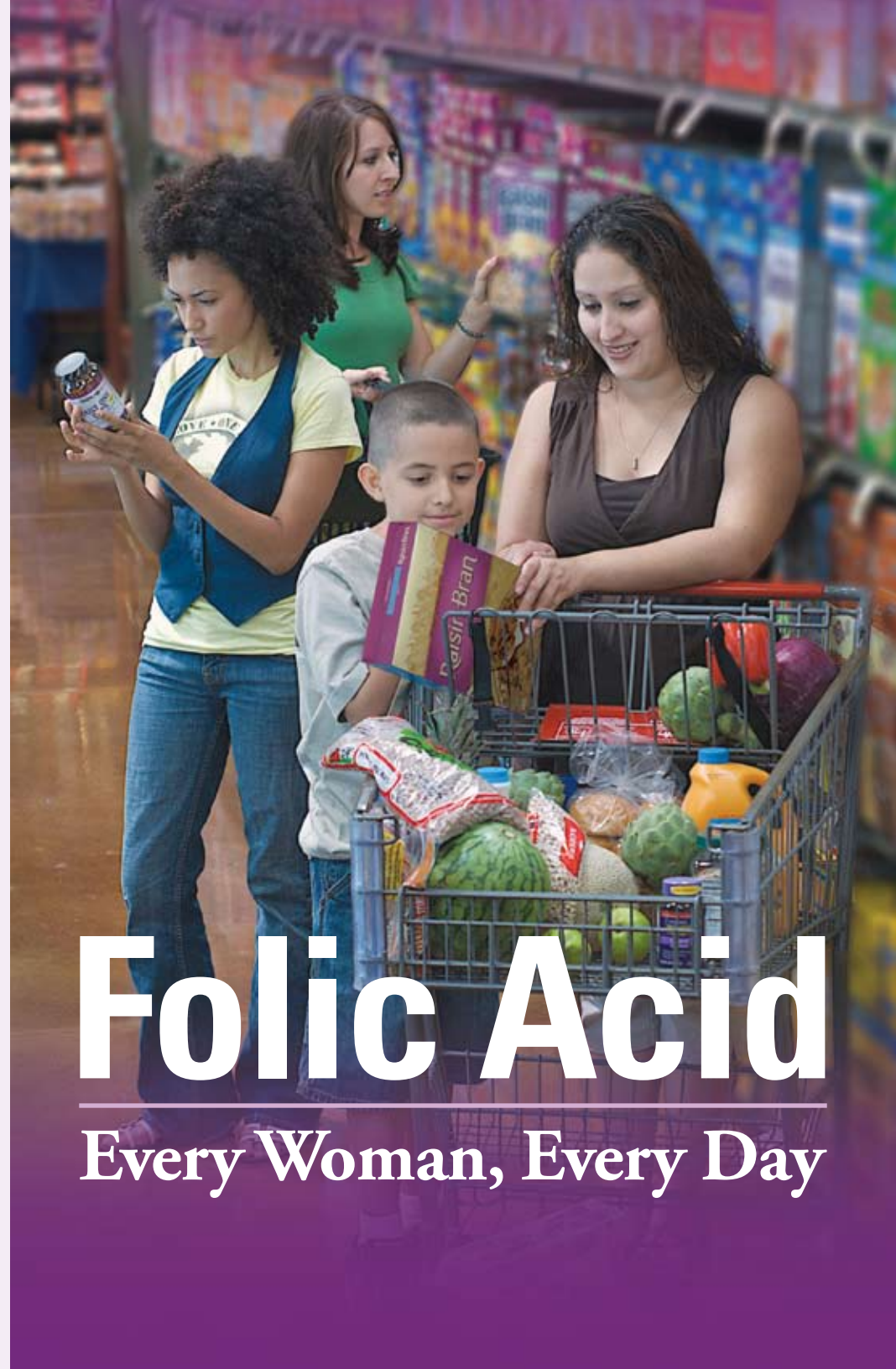
## What kind of birth defects may folic acid prevent?

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.



# Folic Acid

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# Every Woman, Every Day

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

For English: [askus@marchofdimers.com](mailto:askus@marchofdimers.com)  
or visit [www.marchofdimers.com](http://www.marchofdimers.com)

For Spanish: [preguntas@nacersano.org](mailto:preguntas@nacersano.org)  
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Kim Belshé, Secretary, Health and Human Services Agency  
Mark Horton, MD, MSPH, Director, Department of Public Health



# 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%
<b>Folic Acid</b>	<b>400 mcg</b>	<b>100%</b>
Vitamin B12	8 mcg	100%



Nutrition Facts		
Serving Size: 1 cup (55g)		
Servings Per Container About 12		
Amount Per Serving	(Name of Cereal)	with 1/2 cup skim milk
<b>Calories</b>	170	210
Calories from Fat	10	10
% Daily Value		
<b>Total Fat</b>	<b>1g*</b>	1%
Saturated Fat	0g	0%
Polyunsaturated Fat	0g	
Monounsaturated Fat	0g	
<b>Cholesterol</b>	<b>0mg</b>	0%
<b>Sodium</b>	<b>240mg</b>	10%
<b>Potassium</b>	<b>360mg</b>	10%
<b>Total Carbohydrate</b>	<b>41g</b>	14%
Dietary Fiber	5g	20%
Sugars	20g	20%
Other Carbohydrate	16g	
<b>Protein</b>	<b>4g</b>	
<b>Vitamin A</b>	10%	15%
<b>Vitamin C</b>	0%	0%
<b>Calcium</b>	100%	110%
<b>Iron</b>	100%	100%
<b>Vitamin D</b>	10%	25%
<b>Vitamin E</b>	100%	100%
<b>Thiamin</b>	100%	100%
<b>Riboflavin</b>	100%	110%
<b>Niacin</b>	100%	100%
<b>Vitamin B6</b>	100%	100%
<b>Folic Acid</b>	<b>100%</b>	<b>100%</b>
<b>Vitamin B12</b>	100%	110%
<b>Pantothenic Acid</b>	100%	100%
<b>Phosphorus</b>	10%	25%
<b>Magnesium</b>	10%	10%
<b>Zinc</b>	100%	100%
<b>Copper</b>	8%	8%

### 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”.