folic acid during pregnancy

Folic acid is a B vitamin.

Your body uses folic acid to make new cells.
You need folic acid every day for healthy skin, hair, nails and other parts of your body.

why is folic acid important?

Folic acid helps prevent serious birth defects of the baby's brain and spine (anencephaly and spina bifida) by 50% to 70%.
Everyone needs folic acid, but **women who are pregnant or may become pregnant should be taking folic acid every day.**

How much folic acid do I need?
Women need 400 micrograms (mcg) each day.

two easy ways to get enough folic acid:

(choose one)

☐ Take a **multivitamin or prenatal supplement** that has 100% of the daily value (DV) of folic acid in it every day. Or you can take a small pill that only has folic acid in it.

or

☐ Eat a **serving of breakfast cereal** that has 100% of the daily value (DV) of folic acid every day. Not every cereal has enough folic acid. **Read the label.**

Nutrition Facts
Serving Size 1 cup (56g)
Servings Per Container about 7

Amount Per Serving	cereal alone	with ½ cup skim milk
Calories	210	250
Calories from Fat	25	25
		% Daily Value*
Total Fat 2.5g	4%	4%
Saturated Fat 0.5g	2%	3%
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 1g		
Cholesterol 0mg		
Sodium 190mg	8%	10%
Potassium 200mg	6%	11%
Total Carbohydrate 44g	15%	17%
Dietary Fiber 5g	19%	19%
Soluble Fiber 2g		
Sugars 9g		
Other Carbohydrate 30g		
Protein 6g	7%	15%
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	90%	90%
Thiamin	25%	25%
Riboflavin	25%	40%
Niacin	25%	25%
Vitamin B_6	20%	25%
Folic Acid	100%	100%
Phosphorus	20%	30%
Magnesium	15%	15%
Zinc	25%	30%
Vitamin E	10%	10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

some cereals that have 100% folic acid:

_____

_____

add more folic acid with cereal:

l of cereal with milk for breakfast.

l with vanilla yogurt for a snack.

g a **small bag of dry cereal ack. Mix with some** dried banana eanuts or cashews.

urt, cereal and fruit in Try a banana split with ry flavored yogurt, sliced and crushed cereal.

crushed cereal **ncake** batter.

al into your favorite e. Combine 1 cup of milk, ozen strawberries or blueberries, banana and ½ cup of cereal flakes.

An adult serving of cereal is p of flakes or round ready to eat st cereal. This may vary depending n your cereal - read the label. **ified breakfast cereal can be a great source of folic acid.**

owever, if you don't eat ereal every day - take a plement with folic acid.

en who are pregnant ay become pregnant should be taking lic acid every day.

acid before you become pregnant. cide to have a baby in the future, body will be ready and healthy.

little steps, great beginnings

card provides general nutrition information; should be obtained from your health care provider.