

The Importance of Folate/Folic Acid in the Diet

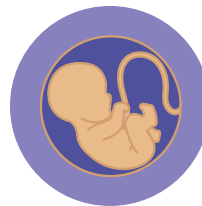


A healthy eating routine can help boost your health today and, in the years to come.

Folic acid is an important nutrient that helps to prevent some major birth defects during the early formation of the fetus' brain (anencephaly) and spine (spina bifida).



Folic acid, also known as vitamin B-9, is a type of folate added to foods during the manufacturing process and in supplements.



Talk with your healthcare provider about a prenatal vitamin or other supplement to take in addition to eating a healthy diet with foods containing folate.



All individuals planning to become pregnant or who are capable of becoming pregnant should take a daily supplement containing 400 to 800 micrograms (mcg) of folic acid.

GET YOUR NUTRIENTS FROM YOUR WIC* FOODS!

Fortified breakfast cereal, whole-grain options (pasta and corn masa flours [fortified with folic acid]), beans (black-eyed peas, kidney), peas, spinach, asparagus, brussels sprouts, romaine lettuce, avocado, broccoli, and mustard greens.

*Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)



See other foods that contain folate/folic acid from <https://ods.od.nih.gov/factsheets/Folate-Consumer/>