

Finding Folic Acid on Food Labels

Nutrition Facts

Serving Size 1 Cup (30g/1.1oz.)
 Servings per container 11

Amount Per Serving	Cereal	Cereal with 1/2 Cup Skim Milk
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Calories	110	150
Calories from Fat	0	0

% Daily Values**

Vitamin A	15%	20%
Vitamin C	25%	25%
Calcium	0%	15%
Iron	45%	45%
Vitamin D	10%	25%
Thiamin	35%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folic Acid ←	25%	25%
Vitamin B12	25%	25%
Phosphorus	6%	20%
Magnesium	4%	8%
Zinc	25%	30%
Copper	6%	8%



**Folic Acid...
 Make It
 a Habit.**

I know folic acid is important for my good health.

To get more folic acid every day, I will ...

- Take a multivitamin with 400 mcg folic acid.
- Read labels.
- Eat breakfast cereals with 400mcg of folic acid per serving.
- Increase consumption of foods fortified with folic acid in addition to eating food folate from a varied diet.
- Choose fruit and vegetable juices instead of coffee, tea or soda.

Visit the Tennessee WIC Program web site at <http://health.tn.gov/wic>

SIMPLE RULE:
 All women need folic acid.

This institution is an equal opportunity provider.



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Why Every Woman Needs Folic Acid



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Tennessee Department of Health, Authorization No. 343254, 40000 copies. 03/16. This public document was promulgated at a cost of \$0.04 per copy.

Edison #1000080542

What is folic acid?

- ◆ Folic acid is a B vitamin that is often lacking in women's diets.
- ◆ Folic acid and folate are different terms for the same B vitamin.

Why do you need folic acid?

- ◆ Folic acid can help prevent 50 to 70% of neural tube defects, a type of birth defect (NTDs).
- ◆ NTDs occur very early in pregnancy and affect development of a baby's brain and spine.
- ◆ Folic acid is necessary for proper cell growth and development of the baby.
- ◆ Folic acid keeps your blood healthy and helps to reduce your risks for chronic diseases.

When do you need to take folic acid?

- ◆ Any woman able to get pregnant should take folic acid.
- ◆ To prevent NTDs, a woman must take folic acid daily before she gets pregnant and continue taking it throughout pregnancy.
- ◆ Women of all ages need folic acid everyday.



How much folic acid do you need?

- ◆ You need 400 micrograms (mcg) every day.

How can you get enough folic acid?

- ◆ The easiest way is to take a multivitamin with 400mcg of folic acid.
- ◆ You can also choose foods that are high in folic acid, but most people have a hard time eating enough foods each day to get the recommended amount of folic acid.

Choose Foods Rich in Folic Acid

- ◆ Breakfast cereals - Select those with at least 25% of the recommended daily amount of folic acid. (some cereals are fortified at the 100% level.)
- ◆ Fortified/enriched grain products - including breads, pasta, grits, cereals and rice
- ◆ Dried beans and peas - canned or dry
- ◆ Juices - orange, pineapple, tomato
- ◆ Fruits - oranges, cantaloupe, honeydew melon, avocado
- ◆ Vegetables - green leafy vegetables such as spinach, turnip greens, collard greens, broccoli, brussels sprouts, lima beans, romaine lettuce and asparagus
- ◆ Liver
- ◆ Nuts and peanut butter

