

# Folic Acid is Good for Everyone

## Why Do I Need Folic Acid?

Folic acid helps your baby's brain and spine grow correctly. This happens in the first weeks of your pregnancy. That's why you need folic acid in your body before you get pregnant. Studies have shown that folic acid may also lower your chance of heart disease, cervical cancer and colon cancer.

## Does My Family Need Folic Acid?

Yes. Everyone needs folic acid everyday for good health.

## How Much Folic Acid Do I Need?

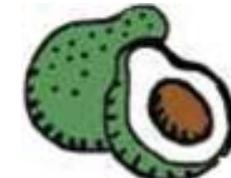
Women and men age 14 and older need 400 micrograms (mcg) of folic acid every day. Pregnant women need 600 mcg every day throughout their pregnancy.

## How Can I Get Folic Acid?

Most of us get some folic acid in our diet everyday, but not everyone gets enough. The March of Dimes recommends that women and men take a multi-vitamin pill with folic acid every day in addition to eating a healthy diet.

## Sources of Folic Acid

- Multi-vitamin with folic acid
- Breakfast cereals that say "fortified" on the box
- Orange juice
- Beans, lentils and blackeye peas
- Dark green leafy vegetables like spinach
- Broccoli, asparagus, green peas and okra
- Pasta, tortillas, and bread products that say "enriched" or "fortified" on the label
- Rice and grits
- Soybeans and tofu
- Papaya
- Avocados
- Peanut butter



## 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 the number "100%" in the right column. It is important that the number say "100%" of your "daily value" (need) for "folic acid" or "folate."



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	6 mg	100
<b>Folic Acid</b>	<b>400 mcg</b>	<b>100</b>
Vitamin B12	6 mcg	100

Nutrition Facts			
Serving Size 1 cup (55 g)			
Servings Per Container About 12			
Amount Per Serving	(Name of cereal)	with 1/2 cup skim milk	
Calories	170	210	
Calories from Fat	10	10	
% Daily Value**			
Total Fat	1 g*	1%	2%
Saturated Fat	0g	0%	0%
Polyunsaturated Fat	0g		
Monounsaturated Fat	0g		
Cholesterol	0mg	0%	1%
Sodium	240 mg	10%	13%
Potassium	360mg	10%	16%
Total Carbohydrate	41g	14%	16%
Dietary Fiber	5g	20%	20%
Sugars	20g		
Other Carbohydrate	16g		
Protein 4g			
Vitamin A		10%	15%
Vitamin C		0%	0%
Calcium		100%	110%
Iron		100%	100%
Vitamin D		10%	25%
Vitamin E		100%	100%
Thiamin		100%	100%
Riboflavin		100%	110%
Niacin		100%	100%
Vitamin B6		100%	100%
<b>Folic Acid</b>		<b>100%</b>	<b>100%</b>
Vitamin B12		100%	110%
Pantothenic Acid		100%	100%
Phosphorus		10%	25%
Magnesium		10%	10%
Zinc		100%	100%
Copper		8%	8%

# Folic Acid

## Every Body Needs It



For more information call  
1-888-MODIMES

