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?

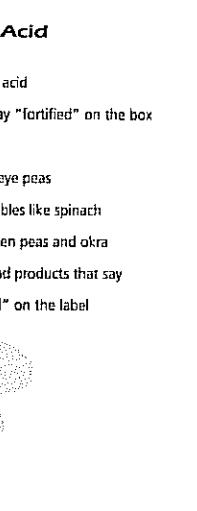
Women and men age 14 and older need 400 micrograms (mcg) of folic acid every day. Pregnant women need 600 mcg every day throughout their pregnancy.

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

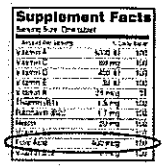
- Multi-vitamin with folic acid
- Breakfast cereals that say "fortified" on the box
- Orange juice
- Beans, lentils and blackeye peas
- Dark green leafy vegetables like spinach
- Broccoli, asparagus, green peas and okra
- Pasta, tortillas, and bread products that say "enriched" or "fortified" on the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



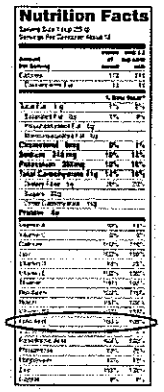
How can I find the amount of folic acid on a label?

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

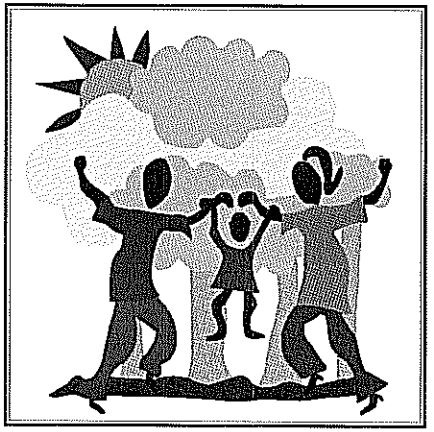


Nutrition Facts



Folic Acid

Every Body Needs It



March of Dimes

For more information call 1-888-MODIMES

CONTRA COSTA HEALTH SERVICES

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