

# All men and women need Folic Acid every day.

Women need folic acid during their  
childbearing years to help prevent  
birth defects of the brain  
and spinal cord.

Folic acid may help prevent  
heart disease, stroke, and  
certain types of cancer.



## How to get enough folic acid:

Take a multivitamin with  
400 mcg of folic acid  
every day.

Eat a healthy diet, including  
foods containing folic acid  
like fortified breads and  
cereals, orange juice,  
peanuts, dried beans,  
and dark green vegetables.

**Start today... Eat right! Be healthy!**



© 2000 U.S. Department of Health and Human Services, U.S. Food and Drug Administration. All rights reserved. Folic acid is a B-vitamin that is naturally found in many foods. It is also added to many grains, breads, and cereals. Folic acid is important for the health of all people. It is especially important for women who are pregnant or planning to get pregnant. Folic acid helps prevent certain birth defects of the brain and spinal cord. Folic acid may also help prevent heart disease, stroke, and certain types of cancer.