Keep This Card In Your Purse As A Reminder Of How To Get Enough Folic Acid Every Day!

- Take one multivitamin each day that lists 400 mcg (or 0.4 mg) of folic acid or folate on the label.
- Connect taking your vitamin with a daily activity, such as brushing your teeth, so you do it every day.
- Generic vitamins work the same as name brands, and they are usually cheaper.
- If it is hard to swallow a multivitamin, get a chewable one that lists 400 mcg of folic acid.
- Talk to your health care provider, pharmacist or nutritionist if you need more help.

Folic Acid In Foods

Foods are fortified when they have extra folic acid added. Check the labels for the amounts.

Some fortified foods are:

Bread & rolls	Crackers	Rice
Breakfast cereals	Macaroni	Spaghetti

Other foods high in natural folate include:

Black beans	Orange juice	Spinach
Blackeye peas	Peanuts	Split peas
Broccoli	Pinto beans	Sunflower seeds
Mustard greens	Refried beans	Turnip greens

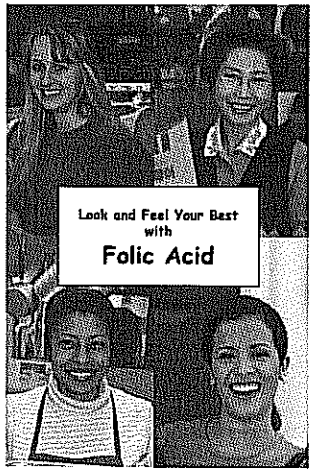
For more information call toll-free:

1-866-852-1247

Michigan Department of Community Health
Birth Defects Program

Or visit these websites:

www.cdc.gov
www.folicacidnow.net
www.folicacidinfo.org
www.getfolic.com
www.marchofdimes.com
www.sbaa.org



Folic Acid — You Need It Every Day

You want to look and feel your best, don't you? The folic acid found in multivitamins works just for good health. Folic acid is also called folate and folacin.

Remember, too, that eating healthy foods is another smart – and inexpensive – way to look and feel great! Dark green leafy vegetables, dried beans and peas, enriched grains and fruits such as oranges are high in folate. And, they keep you looking and feeling good.

Good Health — Looks Good. Feels Good

Keeping yourself healthy will help you to look and feel your best. So take a good look at what you are eating. Experts agree getting plenty of the B-vitamin folic acid keeps more than the doctor away.

Consuming 400 micrograms (mcg) of folic acid every day can help lower the risk of heart attacks, strokes and certain kinds of cancer.

And if you are 16 - 45 years old — when most women can become pregnant — folic acid helps prevent up to 70% of birth defects of the spine and brain and may help prevent birth defects of the lip, palate, and heart. Even if you are not thinking about having a baby, you need to consume 400 mcg of folic acid a day because not all pregnancies are planned.

The easiest way to consume the right amount of folic acid is to take a multivitamin that has 400 mcg of folic acid every day.

You're Worth It

Good health looks good. More importantly, good health feels good. So be good to your body by eating right. And be sure to consume 400 micrograms of folic acid every day. This simple step will put you on the road to looking and feeling your best.

How To Read This Label

Nutrition Facts

Serving Size 3/4 Cup (28g)
Servings per Container about 10

Amount Per Serving	Cereal	Cereal with 1/2 cup Skim Milk
Calories	100	140
Calories from Fat	0	0
		% Daily Value*
Total Fat* 0g	0%	0%
Saturated Fat 0g	0%	0%
Cholesterol 0mg	0%	0%
Sodium 90mg	4%	7%
Total Carbohydrate 21g	8%	10%
Dietary Fiber 3g	12%	12%
Sugars 5g		
Protein 3g		
Vitamin C	0%	2%
Calcium	0%	15%
Folic Acid	25%	25%

Food labels make it easy to find foods that have folic acid. The labels list what you get in that food compared with what you need every day.

Vitamins like folic acid are listed on the bottom half of the label. Use the sample label "Nutrition Facts" to learn how to find the amount of folic acid.

1. Find where folic acid is listed. Read across to find the % Daily Value (DV). The sample says 25%.
2. Use this chart to see how much folic acid is in your foods.

DV	mcg	DV	mcg
10%	40	50%	200
25%	100	75%	300
30%	120	90%	360
40%	160	100%	400

Aim to get 100% DV, or 400 mcg, everyday!