



Folic acid is part of my healthy lifestyle!

I take 400 micrograms (mcg) of folic acid every day as part of my daily routine. Just like eating nutritious food, drinking plenty of water and exercising is important for my health, taking folic acid every day can help me get my body ready for when I decide to have a baby.

Folic acid is a B vitamin that helps prevent some birth defects of the baby's brain and spine.

You can help prevent serious birth defects of your baby's brain and spine. Talk with your doctor about taking 400 mcg of folic acid.

There are two easy ways to be sure to get enough folic acid each day:

1. Take a vitamin that has folic acid in it every day. Most multivitamins sold in the United States have the amount of folic acid women need each day. Women can also choose to take a small pill (supplement) that has only folic acid in it each day.
or
2. Eat a bowl of breakfast cereal that has 100% of the daily value of folic acid every day. Not every cereal has this amount. Check the label on the side of the box, and look for one that has "100%" next to folic acid.

www.cdc.gov/ncbddd/folicacid

National Center on Birth Defects and Developmental Disabilities
Division of Birth Defects and Developmental Disabilities

