Fresno Women's Medical Group

FOLIC ACID: EVERY WOMAN, EVERY DAY

What is folic acid and why do I need it?

Folic acid is a B-vitamin your body needs everyday to be healthy. And, if you become pregnant, it lowers your chances of having a baby with serious birth defects of the brain or spinal cord. It may also lower your chances of having a baby with birth defects of the heart, lip, or mouth.

When is folic acid important for me?

Folic acid is good for all women, even if they don't plan on getting pregnant. It is especially important to have enough folic acid in your body **before** you become pregnant and during the first months of pregnancy.

What are the other benefits of folic acid?

Taking folic acid daily throughout your life may reduce the risks of having heart disease, stroke, high blood pressure, and some types of cancer.

How can I get enough folic acid every day?

There are two ways to get the 400 micrograms (mcg) of folic acid your body needs every day:

- ✓ Eat one serving of cereal that has all the folic acid you need every day. Many cereals do not have enough folic acid, so it is important to read the nutrition label on the box.

OR

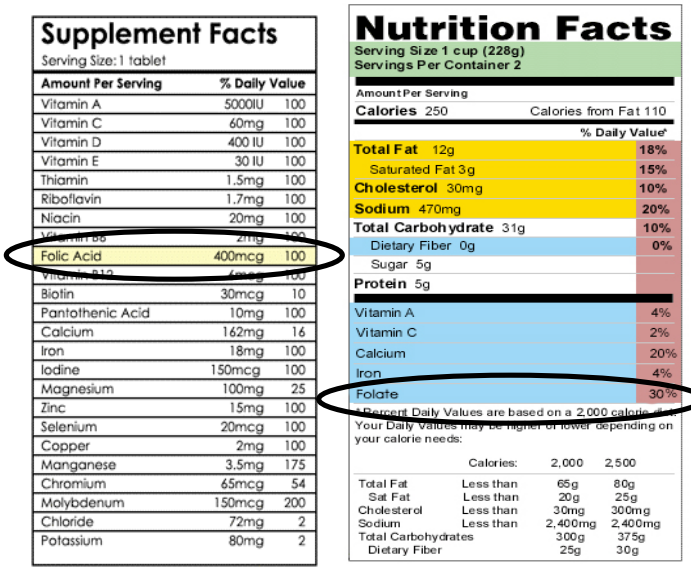
- ✓ Take a vitamin pill that has all the folic acid you need every day.

It also helps to get extra folic acid (folate) from a healthy diet that includes foods high in folate like beans and lentils, dark green leafy vegetables, citrus fruits and juices, and nuts. **But, you still have to eat cereal or take a vitamin pill every day to get all the folic acid you need.**

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

- ✓ Find the nutrition label on the side of the cereal box or vitamin bottle.
- ✓ Look for the words "Folic Acid" or "Folate" in the left hand column.
- ✓ Look for the number "100%" in the right hand column. It is important that the number say "100%" of your "daily value" (needed) for "folic acid" or "folate."

For more information, contact the March of Dimes at 1-888-663-4637.



Supplement Facts

Serving Size: 1 tablet

Amount Per Serving		% Daily Value
Vitamin A	5000IU	100
Vitamin C	60mg	100
Vitamin D	400 IU	100
Vitamin E	30 IU	100
Thiamin	1.5mg	100
Riboflavin	1.7mg	100
Niacin	20mg	100
Vitamin B6	2mg	100
Folic Acid	400mcg	100
Vitamin B12	6mcg	100
Biotin	30mcg	10
Pantothenic Acid	10mg	100
Calcium	162mg	16
Iron	18mg	100
Iodine	150mcg	100
Magnesium	100mg	25
Zinc	15mg	100
Selenium	20mcg	100
Copper	2mg	100
Manganese	3.5mg	175
Chromium	65mcg	54
Molybdenum	150mcg	200
Chloride	72mg	2
Potassium	80mg	2

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugar 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
Folate	30%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		30mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrates			300g	375g
Dietary Fiber			25g	30g