



Get the Folic Acid You Need

When You Are Pregnant, You Need More Folic Acid.

Make sure you get plenty of folic acid. It will:

- Help lower the chances of having a baby with birth defects
- Help you and your baby keep healthy
- Give your baby a healthy start on life

Here's how to get more folic acid.

Make sure you:

- Take your prenatal vitamins every day
- Eat grains and cereals fortified with folic acid. Read the labels. Look for the words folic acid or folate.
- Eat five or more fruits and vegetables every day
- Eat beans or lentils at least once a day
- Talk to your health care provider about any medicines you take. Some may make it hard for your body to use folic acid.

It is good to know:

- Folic acid and folate are the same vitamin
- Folic acid is added to foods
- Folate is found in foods naturally

Heat Can Destroy Folate

- Do not overcook vegetables
- Eat fruits and vegetables raw
- Steam or sauté vegetables
- Beans still have plenty of folate in them, even after they are cooked

Eat These Foods Rich in Folic Acid:

Grains and cereals are fortified with folic acid:

- Bread
- Rice
- Flour
- Grits
- Wheat germ
- Corn meal
- Farina
- Pasta
- Many kinds of breakfast cereals

Beans and lentils are high in folate:

- Black-eyed peas
- Lentils
- Split peas
- Garbanzo beans
- Kidney beans
- Lima beans
- Pinto beans
- Navy beans
- Black beans

Nuts and seeds are also high in folate:

- Peanuts
- Sunflower seeds

These fruits and juices are



high in folate:

- Strawberries
- Orange juice
- Cantaloupe
- Avocado
- Papaya

Many vegetables are high in folate:

- Broccoli
- Asparagus
- Corn
- Okra

These greens are high in folate:

- Mustard greens
- Romaine lettuce
- Spinach
- Cooked turnip greens

Read the labels on breads and cereals. They may have added folic acid.

Ingredients: Rice, wheat gluten, sugar, defatted wheat germ, salt, high fructose corn syrup, dried whey, malt flavoring, calcium caseinate, **Vitamins and Minerals:** ascorbic acid (vitamin C), alpha tocopherol acetate (vitamin E), reduced iron, niacinamide, pyridoxine hydrochloride (vitamin B₆), riboflavin (vitamin B₂), thiamin hydrochloride (vitamin B₁), vitamin A palmitate, folic acid, and vitamin B₁₂. To maintain quality, BHT has been added to the packaging.