

Sample menu high in folic acid



Breakfast

- Cereal with folic acid added
- Orange Juice



Lunch

Burrito made with:

- Wheat tortilla
- Pinto beans
- Grated cheese



Snack

Salad made with:

- Spinach leaves
- Sliced tomato



Dinner

- Pork chop
- Brown rice
- Roasted sweet potato
- Asparagus

Visit our website at TexasWIC.org.



This institution is an equal opportunity provider.

© 2015 All rights reserved. Stock no. 13-205 Rev. 09/15

Why Every Woman Needs

Folic Acid



Folic Acid

- Is a B vitamin.
- Helps your body produce new cells.
- Helps prevent some birth defects.
- May help prevent heart disease, colon and cervical cancers, and strokes.

■ Why is folic acid important?

Because folic acid is good for you! Folic acid can help prevent birth defects which can occur before a woman even knows she is pregnant. If you take folic acid before and during early pregnancy, it may help reduce your baby's risk for birth defects of the brain and spine.

Folic acid can also...

- help your body make normal red blood cells.
- help prevent heart disease, colon and cervical cancers, and strokes.



Experts recommend that ALL women of childbearing age get adequate amounts of folic acid on a continuous basis.

■ How can you get enough folic acid every day?

Women can get 400 micrograms of folic acid by doing ONE of the following every day:

- Take one multivitamin pill that contains 400 micrograms of folic acid.
- Take a supplement that contains only 400 micrograms of folic acid.
- Eat a fortified breakfast cereal that contains 100% of the recommended daily amount of folic acid (400 mcg).

Recommended Folic Acid Intake	
Non-Pregnant Women	400 mcg/day
Breastfeeding Women	500 mcg/day
Pregnant Women	600 mcg/day



■ Tips for taking folic acid every day:

Pill Placement:

place the vitamin or folic acid bottle out in the open (away from children) where they are noticeable. Next to the toothbrush or in a purse.

The Reward:

link taking a vitamin or folic acid pill with some reward, like a small piece of chocolate.

Automatic Reminder:

set a phone, watch alarm, or computer calendar as a daily reminder.



■ Sources of Folate?

Multivitamins do not take the place of a well-balanced diet. It is also important to eat a diet that is naturally high in folate, the natural form of folic acid.

Some foods naturally high in folate are:

- Broccoli, asparagus, lima beans, spinach, and turnip greens.
- Dried beans, like pinto beans, black beans, and green peas.
- Liver.
- Peanuts and sunflower seeds.
- Oranges and grapefruit.

