

# *Folic Acid*

## *The Woman's Vitamin*

Every woman needs to get enough folic acid everyday!

### *What is folic acid?*



Folic acid is a vitamin that every woman needs everyday!

Folic acid is in vitamin pills and is also found in many foods, such as bread, cereal, fruits, and vegetables. You should get enough folic acid each day by either taking a vitamin or by eating these foods.



### *Why should I take folic acid?*



- ✓ Folic acid does a lot of good things for your health!
- ✓ It helps keep your skin healthy and beautiful!!
- ✓ If taken in the months before pregnancy, folic acid helps reduce the chance of birth defects in babies and the chances of delivering a baby too early.

## *Are you getting enough folic acid?*

All women should get 400 micrograms of folic acid everyday.



### *Tips!*

..for getting enough folic acid each day

- **Take a multi-vitamin or folic acid pill each day!** It is so easy! Make sure it has 400 micrograms of folic acid in it!
- **Eat 5-7 servings of fruits and vegetables each day.**
- **Eat cereal.** Many cereals contain high levels of folic acid. Check the nutrition label!
- **Drink 4-6 ounces of orange juice every day.** Orange juice has a very high level of folic acid.
- **Eat more beans.** They are full of vitamins, minerals, protein, and folic acid!



### **IT'S THAT EASY!!**

Take FOLIC ACID each day! EAT HEALTHY! Stay beautiful! Help reduce your baby's risk of developing a birth defect or from being born too early!

### **REMEMBER!!**

Even if you do not plan on getting pregnant, get enough folic acid everyday! It's the womanly thing to do!