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Great News for Women and Babies
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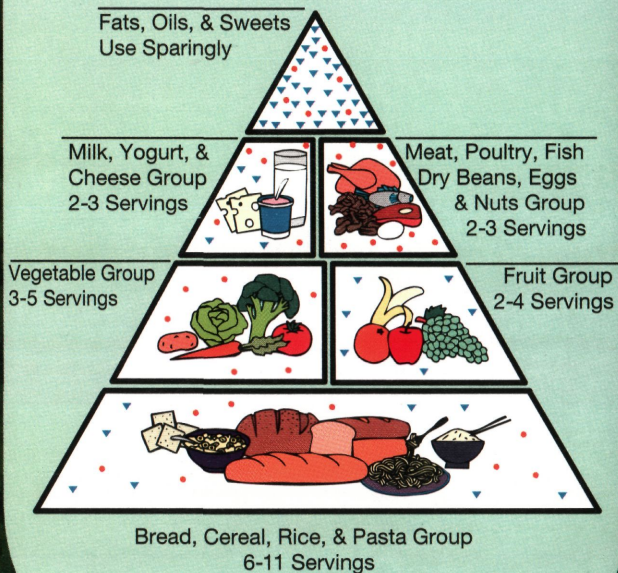
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Remember....

Take a vitamin pill with folate or eat one of the listed cereals daily. Eating a balanced diet is also important for good health. Follow the Food Guide Pyramid for good nutrition.

Food Guide Pyramid

A Guide to Daily Food Choices



What if I already had a baby with a birth defect of the spine or brain?

You can lower your chance of that happening again. Talk to your doctor, especially if you are planning a pregnancy. You should take a prescription for a higher dose of folate. When you are not planning a pregnancy, you should take 400 mcg of folate daily.

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Great News For Women & Babies

A simple vitamin called folate can help you have a healthy baby.



A healthy diet and enough folate (also called folic acid) is important for you and the baby you might have someday.

What is folate?

Folate (also called folic acid) is a B vitamin. Everyone needs folate to help cells grow and divide. It might help protect against some cancers and heart disease.

Why is extra folate important for women and teen girls?

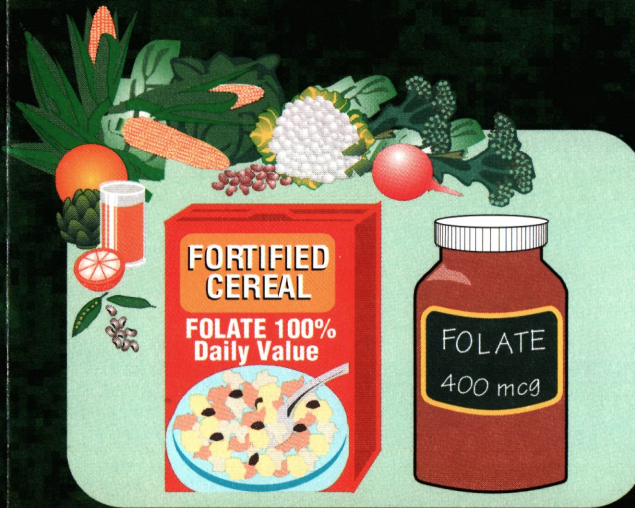
400 mcg of folate daily lowers your chance of having a baby with a serious birth defect of the spine or brain (like “open spine” or spina bifida).

When do I need extra folate?

It is needed during the first four weeks of pregnancy, when the baby's brain and spine are forming. This is so early in pregnancy you may not even know you are pregnant. **So get enough folate all the time.** Good habits are important, so girls should start in their early teens.

How do I get enough folate?

You can get some folate from foods, but it is hard to get enough. To be sure you get enough, you should **take a multivitamin or a folate pill every day.** It should have 400 mcg (or 0.4 mg) folate. **Or eat a breakfast cereal with 75% to 100% of the Daily Value for folate.**



Can I get too much folate?

Yes. Don't take over 1,000 mcg (1 mg) folate without a prescription. Also, don't take more than one multivitamin pill a day, because you can get too much of some other vitamins.

Best sources of folate

Some cereals and most vitamin pills have 75-100% of the Daily Value for folate. Eat one serving of these cereals or take one vitamin pill each day.

Vitamin pills. Read the label. Most vitamin pills have the amount you need. Women need 400 mcg (or 0.4 mg) folate. Get it from:

Multivitamins
or
Folate pills

Breakfast cereals. Read cereal labels for serving size and folate percentage (%). Choose cereals with 75-100% Daily Value for folate. Examples:

Total Corn Flakes[®]
Whole Wheat Total[®]
Total Raisin Bran[®]
Product 19[®]