Take Folic Acid

Every day take a vitamin pill or eat a fortified cereal that has folic acid in it.

Folic acid or folate is a B-vitamin that can help prevent birth defects of the brain and spinal cord.

These defects can cause serious health problems, even death to babies.

CEREAL

Delicious & fortified with Folic Acid

It is important to have enough folic acid in your body before you get pregnant and when you first become pregnant.

Because most pregnancies are not planned, taking folic acid is a smart move!

Start taking folic acid every day.

Take 100% of what is recommended.

Look for 100% on the label.

Vitamin Folic Acid

Supplement Facts

Serving size: One (1) Tablet

Amount Per Serving	% Daily Value
Folic Acid...400mcg...100%	

DHS
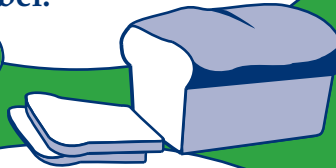Oregon Department
of Human Services

Also, eat foods that have folate in them, such as:

- **FA** Orange juice;
- **FA** Spinach, asparagus, okra and other green vegetables;
- **FA** Dried beans and peas;
- **FA** Rice and whole wheat bread that say "enriched" on the label.

FA Even if you are very healthy and eat a good diet, take a vitamin pill or eat a cereal fortified with folic acid every day.

If you have questions about vitamins or need more information about having a healthy baby, talk to your doctor or health care provider or call 1-800-SAFENET.

If you need this information in a different format, please call 503-731-4022.

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program
"healthy kids, strong parents"

57-707-ENGL
(06/2002)

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