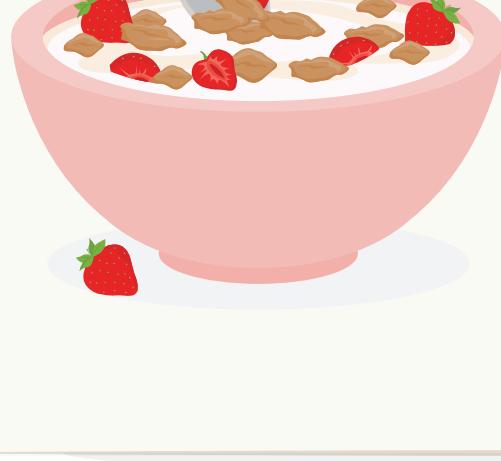
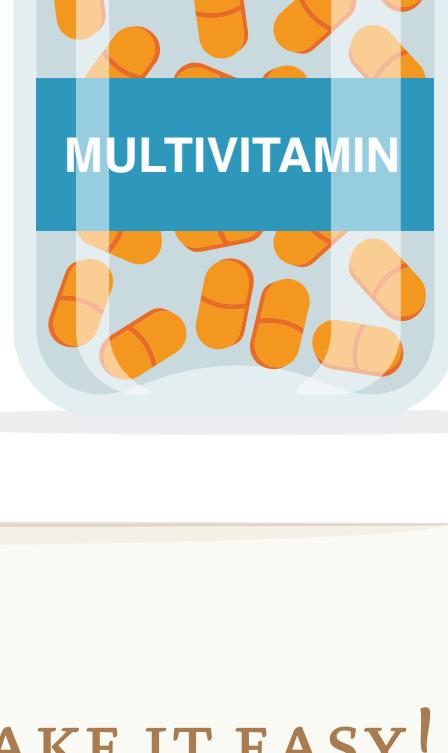


FOLIC ACID AND YOU: Your Healthy Pregnancy

Folic acid is a B vitamin. Getting 400 micrograms (mcg) of folic acid every day at least a month before becoming pregnant can help prevent serious birth defects of the brain and spine. Here are three ways to get the recommended daily amount of this important nutrient:

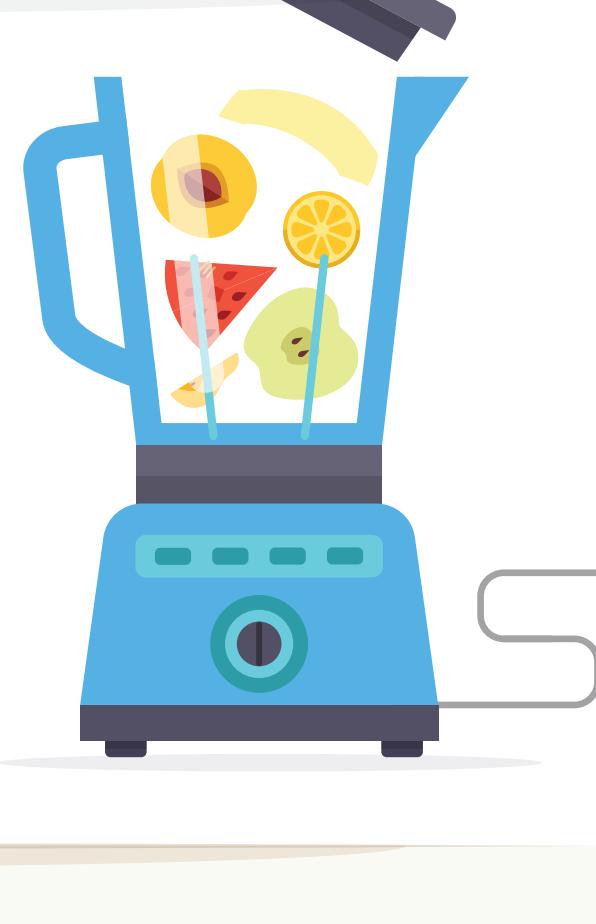
MAKE IT QUICK!

A fast way to get your daily dose of folic acid is to take a multivitamin every day. Check the label to be sure it contains the recommended daily amount of 400 mcg.



MAKE IT EASY!

Many breakfast cereals contain 100% of the recommended daily amount of folic acid per serving. Check the label to be sure.



MAKE IT DELICIOUS!

Give your vitamin intake a boost by enjoying a healthy smoothie. Blend together these ingredients for a nutritious tropical smoothie: 1 small banana, $\frac{1}{2}$ cup mango, $\frac{1}{2}$ cup pineapple, $\frac{3}{4}$ cup orange juice, and ice.

**TO LEARN MORE ABOUT
FOLIC ACID, VISIT**

<http://www.cdc.gov/ncbddd/folicacid/about.html>



U.S. Department of
Health and Human Services
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