

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.

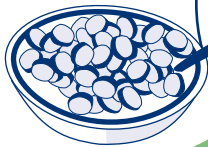
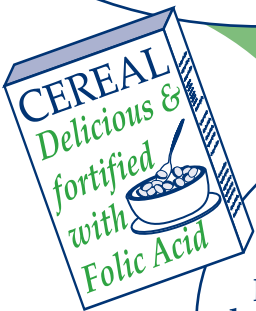
* It is important to have enough folic acid in your body before you get pregnant and when you first become pregnant.

* 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.



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



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



- * 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.

To request this information in alternate formats, please call 971-673-0040.

WIC is an equal opportunity program and employer. For civil rights issues and questions, please call 1-888-271-5983.

