



Folic
Acid

Before You Know You're Pregnant

Folic acid is a B vitamin that can be found in some enriched foods and vitamin pills. If women have enough of it in their bodies before pregnancy, this vitamin can prevent most birth defects of the brain and spine in their babies. Getting enough folic acid takes a small effort. But it makes a big difference.

Folic Acid, All Women, Every Day!





Eat Right...

Folic acid has been added to some foods such as enriched breads, pastas, rice, and cereals. Check the labels. Some cereals have 100 percent of the folic acid you need. In addition, it is always important to eat a well-balanced diet with plenty of fruits and vegetables.

...and Take a Vitamin



An easy way to be sure you're getting enough folic acid is to take a vitamin with folic acid in it. Almost every multivitamin has all the folic acid you need.

not planning yet



Even If You're Not Planning To Have a Baby Yet

About half of all pregnancies are not planned. That's why you should get enough folic acid every day if there's any chance you could get pregnant. Because by the time you know you're pregnant, your baby's brain and spine are already formed.

planning



Folic Acid (400 micrograms)
All Women who can get pregnant
Every Day!

www.cdc.gov/ncbddd/folicacid
1-800-232-4636 (CDC-INFO)