When You Are Pregnant, You Need More Folic Acid.

Make sure you get plenty of folic acid. It will:
- Help lower the chances of having a baby with birth defects
- Help you and your baby keep healthy
- Give your baby a healthy start on life

Here’s how to get more folic acid.

Make sure you:
- Take your prenatal vitamins every day
- Eat grains and cereals fortified with folic acid. Read the labels. Look for the words folic acid or folate.
- Eat five or more fruits and vegetables every day
- Eat beans or lentils at least once a day
- Talk to your health care provider about any medicines you take. Some may make it hard for your body to use folic acid.

It is good to know:
- Folic acid and folate are the same vitamin
- Folic acid is added to foods
- Folate is found in foods naturally

Heat Can Destroy Folate
- Do not overcook vegetables
- Steam or sauté vegetables
- Beans still have plenty of folate in them, even after they are cooked

Eat These Foods Rich in Folic Acid:
Grains and cereals are fortified with folic acid:
- Bread
- Rice
- Flour
- Grits
- Wheat germ
- Corn meal
- Farina
- Pasta
- Many kinds of breakfast cereals

Beans and lentils are high in folate:
- Black-eyed peas
- Lentils
- Split peas
- Garbanzo beans
- Kidney beans
- Lima beans
- Pinto beans
- Navy beans
- Black beans

These fruits and juices are high in folate:
- Strawberries
- Orange juice
- Cantaloupe
- Avocado
- Papaya

Many vegetables are high in folate:
- Broccoli
- Asparagus
- Corn
- Okra

These greens are high in folate:
- Mustard greens
- Romaine lettuce
- Spinach
- Cooked turnip greens

Read the labels on breads and cereals. They may have added folic acid.

Ingredients: Rice, wheat gluten, sugar, dextrose, corn syrup, dried whey, malt flavoring, calcium caseinate, Vitamins and Minerals: ascorbic acid (vitamin C), alpha tocopherol acetate (vitamin E), reduced iron, niacinamide, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), vitamin A palmitate, folic acid and vitamin B12. To maintain quality, BHT has been added to the packaging.