

Vitamin B / Folic Acid

"Folic Acid can help protect your unborn baby against birth defects."

What is Folic Acid?

Folic acid or Folate is a B vitamin found in certain foods that should be a part of your everyday diet, especially if you are a women:

- Between ages 15 and 44 years.
- Capable of becoming pregnant.
- Planning a pregnancy or in first 3 months of pregnancy

How much Folic Acid do I need?

A woman of childbearing age needs 400 micrograms of folic acid every day. But she should not take more than 1 milligram (1000 mcg = 1 mg.) daily unless your doctor or health care provider tells you so.

Where do I get it?

Folic acid is easily destroyed by heat. Be sure to store vegetables in the refrigerator until needed. Use short cooling times to minimize the loss of folic acid. Particularly good sources of folic acid can be found in the foods listed.

Excellent Sources (100 - 400 mcg.)

Spinach, 1 cup

Liver 3 oz.

*Orange juice, (from concentrate) 8 oz.

*Dried beans or peas, cooked, 1 cup

Asparagus, 1 cup

*Wic cereals - dry, ready to eat, 1 cup

Brussels sprouts, 1 cup

Peanuts, 1 cup

Sunflower seeds, ½ cup

Green peas, 1 cup

Good Sources (50 - 100 mcg.)

Broccoli, 1 cup

Romaine Lettuce, 1 cup

Cantaloupe, ½

*Pineapple juice, (canned) 8 oz.

Avocado, ½ each or ½ cup

Cauliflower, 1 cup

Almonds, 1 cup

Cashews, 1 cup

*WIC Foods

