

The Importance of Women Taking Folic Acid

Take 400-800 mcg of folic acid every day before and during pregnancy to reduce the risk of your child being born with a neuro-tube defect such as spina bifida.

The CDC recommends that all women between the ages of 15-45 take 400-800 mcg of folic acid daily.

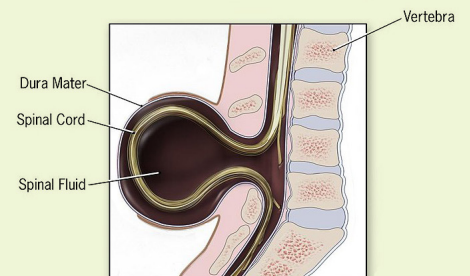
Spina bifida is a condition that affects the spine.

- It can happen anywhere along the spine if the neural tube does not close all the way.
- When the neural tube does not close all the way, the spinal cord and nerves around the spinal cord are usually damaged.
- Spina bifida can cause physical and intellectual disabilities that range from mild to severe.

How to get folic acid:

1. Take a multivitamin with 400-800 mcg of folic acid.
2. Eat foods rich in folic acid (folate):
 - Legumes
 - Eggs
 - Vegetables: spinach, kale, arugula, asparagus, Brussels sprouts, cabbage, kohlrabi, beets, broccoli
 - Fruits: oranges, grapefruit, lemons, limes, papaya, bananas, avocados
 - Nuts, seeds, wheat germ
 - Beef liver
 - Whole-grain bread and pasta

Spina Bifida (Open Defect)



For more information:

healthline.com/nutrition/foods-high-in-folate-folic-acid#section1

cdc.gov/ncbddd/spinabifida/facts.html

spinabifidaassociation.org/info-sheets/