

What is Folic Acid, and Where Can I Get It?

Folic acid is a B-vitamin. The recommended amount to prevent spina bifida and other neural tube defects is 400 mcg of synthetic folic acid daily. This can be consumed in three ways:

- Take a multivitamin with 400 mcg of folic acid, or take a single pill of 400 mcg of folic acid every day. (Folic acid pills are small and easy to swallow.) Both folic acid pills and multivitamins can be bought at grocery stores, pharmacies, or discount stores.

Or

- Eat a bowl of a breakfast cereal containing 100% of the daily value of folic acid per serving. Total, Product 19, Cheerios Plus, Special K Plus, and Smart Start are some examples.

And

- Eat a healthy diet that contains lots of fruits and vegetables and foods fortified with folic acid. "Enriched" cereal grain products such as pasta, rice, bread, flour, and cereals have been fortified with certain amounts of folic acid. Foods containing folate include fruits; green, leafy vegetables; and dried beans and legumes.

Adapted from: National Center for Birth Defects and Developmental Disabilities.
What are neural tube defects (NTDs)? Accessed at:
www.cdc.gov/ncbddd/fact/folicfaqs.htm.