

What if...

What if there was something you could take every day — something that was safe, inexpensive, and easy — that would protect your health, prevent birth defects in children you may have one day, help keep your heart healthy, and lower your risk of cancer?

You'd want it, wouldn't you?

Well, that something is folic acid, and getting enough folic acid is easy.

WHAT IS FOLIC ACID?

Folic acid is a B vitamin that is found in small amounts in a wide variety of foods. Scientists have discovered that taking folic acid every day before becoming pregnant helps prevent serious birth defects, and that women who take a multivitamin that contains folic acid may be less likely to have a heart attack or get cancer. The best way to be sure you get enough folic acid — and all its benefits — is to take vitamin pills or eat fortified cereals.

GETTING ENOUGH FOLIC ACID IS EASY



- **Take vitamins** — either a multivitamin that contains 400 mcg of folic acid or a 400 mcg folic acid pill,



- **Eat fortified cereals** — choose a cereal 100% fortified with folic acid.



- **In addition to taking a multivitamin or eating a fortified cereal, eat healthy foods** — like green vegetables, dry beans, fruits and grains.

To find out more:

www.sph.emory.edu/gafolic
or www.cdc.gov/ncbddd/folicacid
call 404-727-9670
email mbweber@sph.emory.edu

GEORGIA FOLIC ACID CAMPAIGN



This brochure was produced by the Rollins School of Public Health, Emory University, Atlanta, GA 30322, under a contract with the Georgia Department of Community Health.

*Every Woman Needs It
Every Day*

THE
Folic Acid
Story



Folic Acid Facts

WHY DO I NEED FOLIC ACID?

You need folic acid every day to keep your body healthy. Folic acid is proven to prevent serious birth defects if you take it before you get pregnant. But folic acid is so good for you that it makes sense to take it whether you're thinking about having a baby or not because it may protect you from heart attacks, strokes, and cancer — if you start taking it now.

HOW MUCH FOLIC ACID DO I NEED?

Every day, you should get 400 mcg (micrograms) of folic acid — that's the recommended daily amount for most people.

HOW CAN I BE SURE I GET ENOUGH FOLIC ACID EVERY DAY?

- Take vitamins. Take a multivitamin that contains the recommended amount of folic acid — 400 mcg — or take a 400 mcg folic acid pill.
- Eat fortified cereals. Eat one serving of a cereal that's been 100% fortified with folic acid.
- Eat healthy foods. In addition to taking a multivitamin or eating a fortified cereal, eat foods that are good sources of folic acid, such as spinach or other greens like kale and collards, beans, peas, fruits, and grains.

What if...:

WHICH MULTIVITAMIN SHOULD I TAKE?

Take one that contains 400 mcg of folic acid. There are many brands to choose from.

WHAT IF I CAN'T SWALLOW A BIG VITAMIN PILL?

- Buy folic acid pills. They're small, easy to swallow, and not expensive.
- Try a chewable multivitamin.
- Eat a fortified cereal.

WHAT IF MULTIVITAMINS UPSET MY STOMACH?

- Eat a fortified cereal — it's like a multivitamin in a bowl.
- Take your multivitamin with a meal or right before bedtime.
- Try folic acid pills.
- Choose a multivitamin that doesn't contain iron.



WILL VITAMINS MAKE ME GAIN WEIGHT?

No! Vitamins give you nutrients you need to stay healthy and active. They don't contain calories or fat.

WHAT IF I CAN'T REMEMBER TO TAKE A VITAMIN EVERY DAY?

Make taking folic acid a part of your everyday routine. Take your vitamins:

- When you first wake up.
- When you brush your teeth.
- When you take your birth control pills or other medicines you take every day.
- With a meal.

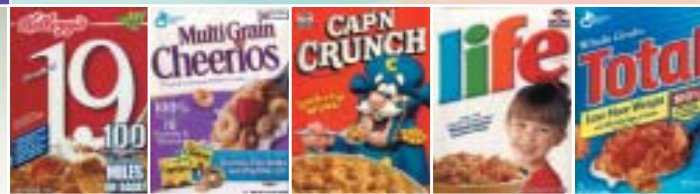


MULTIPLE VITAMINS

Supplement Facts

Serving Size: Adults, one tablet daily with food.

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A 5000 IU	100%	Niacin 20 mg	100%
Vitamin C 60 mg	100%	Vitamin B6 2 mg	100%
Vitamin D 400 IU	100%	Folic Acid 400 mcg	100%
Vitamin E 30 IU	100%	Vitamin B12 6 mcg	100%
Thiamin 1.5 mg	100%	Pantothenic Acid 10 mg	100%
Riboflavin 1.7 mg	100%		



ALWAYS KEEP YOUR VITAMINS AND MEDICINES WHERE KIDS CAN'T GET THEM. KIDS SHOULD **NEVER** TAKE GROWNUPS' VITAMINS.