



# Folic acid is part of my healthy lifestyle!

I take 400 micrograms (mcg) of folic acid every day as part of my healthy daily routine. If I decide to have a baby in the future, I want my body to be as healthy as it can be.

Folic acid is a B vitamin that helps prevent some birth defects of the baby's brain and spine. By taking 400 mcg of folic acid every day, I can help prevent those serious birth defects.

You can start getting ready today! Talk with your doctor about taking 400 mcg of folic acid. There are two easy ways to be sure to get enough folic acid each day:

1. Take a vitamin that has folic acid in it every day. Most multivitamins sold in the United States have the amount of folic acid women need each day. Women can also choose to take a small pill (supplement) that has only folic acid in it each day.  
or
2. Eat a bowl of breakfast cereal that has 100% of the daily value of folic acid every day. Not every cereal has this amount. Check the label on the side of the box, and look for one that has "100%" next to folic acid.

[www.cdc.gov/ncbddd/folicacid](http://www.cdc.gov/ncbddd/folicacid)

National Center on Birth Defects and Developmental Disabilities  
Division of Birth Defects and Developmental Disabilities

