



# PLANNING

to get pregnant soon?

Folic acid is a B vitamin that can be found in some multivitamins and foods labeled as enriched.

START A  
HEALTHY  
habit today!

Before you know you're pregnant, your baby's brain and spine may already be formed.

Get 400 micrograms of folic acid every day! It takes a small effort, but it makes a big difference.

If women have enough folic acid in their bodies before and during early pregnancy, it can prevent many of the serious birth defects of the baby's brain and spine.

Take a multivitamin with 400 micrograms (mcg) of Folic Acid daily.

Eat right by choosing food rich in folate.

An easy way to be sure you're getting enough folic acid is to take a daily multivitamin with folic acid in it. Most multivitamins have all the folic acid you need. If you get an upset stomach from taking a multivitamin, try taking it with meals or just before bed. If you have trouble taking pills, you can try a multivitamin that is gummy or chewable. Also be sure to take it with a full glass of water.

The amount of folic acid needed for women planning to become pregnant is 400 mcg each day. Folic acid has been added to foods such as enriched breads, pastas, rice and cereals. Check the Nutrition Facts Label on the food packaging. A serving of some cereals has 100% of the folic acid that you need each day.

In addition to getting **400 mcg of folic acid** from supplements and fortified foods, it is important to eat a diet rich in folate. Folate is a form of the B vitamin folic acid. It is found naturally in some foods, such as leafy, dark green vegetables, citrus fruits and juices, and beans.

Don't wait until you're pregnant. Your baby needs folic acid now — before you know it.



For More Information – Call 1-800-CDC-INFO (800-232-4636), visit CDC's website at [www.cdc.gov/ncbddd/folicacid](http://www.cdc.gov/ncbddd/folicacid), or ask your doctor for more information.

