Foods Rich in Folate

**Vegetables and Fruit:**

- Asparagus
- Beets
- Broccoli
- Cauliflower
- Corn
- Green Peas
- Spinach
- Romaine Lettuce
- Avocado
- Cantaloupe or Melon
- Oranges

**Grain Products:**

- Bran Cereal
- Enriched Pasta
- White Flour

**Meat and Alternatives:**

- Eggs
- Peanuts and Peanut Butter
- Kidney Beans, Chickpeas, Lentils
- Sunflower Seeds
WHAT IS FOLIC ACID/FOLATE?
Folic acid/folate is an important B vitamin needed for healthy growth during pregnancy. 

Folate is the form of the vitamin found naturally in foods. 

Folic acid is the form of the vitamin found in supplements or added to foods.

WHY IS IT IMPORTANT?
Your body needs folate to make blood. In the first 4 weeks of pregnancy, folate is essential for the growth of your baby’s brain, spine and skull. Getting enough folate before and during pregnancy helps protect your baby from Neural Tube Defect (NTDs).

NTDs are serious birth defects that affect a baby’s brain and spine. They include spina bifida and other abnormal developments of the brain and spinal cord.

WHAT CAN YOU DO?
Eat foods rich in folate every day. Take a supplement with 0.4 milligrams (400 micrograms) of folic acid every day for at least 3 months before pregnancy, and continue throughout your pregnancy and while breastfeeding.

Do not take more than 1 per day unless prescribed by your health care provider. Read label warnings as some multivitamins may have cautions for pregnancy.

If you find out you are pregnant, switch to a prenatal multivitamin that contains folic acid.

*Since many pregnancies are unplanned, all women who could become pregnant should eat foods rich in folate and take a daily multivitamin with 0.4 milligrams (400 micrograms) of folic acid.

For more information call 1-800-660-5853 or visit www.healthunit.org