

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.



Leeds, Grenville
& Lanark District
**HEALTH
UNIT**

174 Sept 2018

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