

Easy ways to add folic acid to your diet:



- Have orange juice and cereal with milk for breakfast.
- Mix cooked broccoli in a pasta or rice salad.
- Try collard greens or other kinds of greens, cooked with chicken or turkey.
- Add spinach to your salad.
- Serve corn or peas with dinner.
- Make or buy soup and chili with your favorite beans.

To find out more about folic acid, talk to your health care provider or contact us:



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Who needs folic acid?

 What you need to know



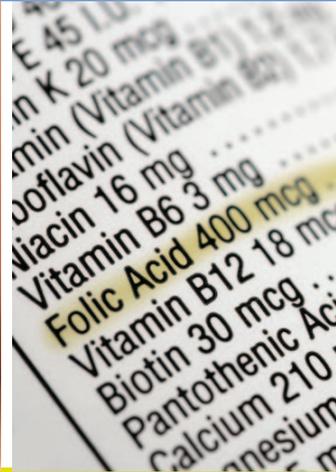
Every woman needs folic acid every day.

If you are thinking about having a baby or are pregnant, take folic acid now to help prevent birth defects in your baby's brain and spine.



Every day, here is what you can do to get enough folic acid:

If you are a teenager or young woman, take folic acid now to help keep you healthy on the inside and outside.



Women of all ages should take folic acid to help prevent strokes, heart disease, breast cancer, and colon and cervical cancer.

1

Take a multivitamin pill with 400 mcg of folic acid in it.

2

Read food labels to help you get enough folic acid, also known as folate or Vitamin B9.

3

Eat foods with folic acid such as: orange juice or fresh oranges, green leafy vegetables, beans, enriched cereals, breads, rice and pasta.