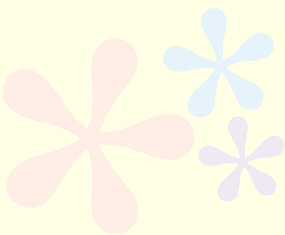# folic acid

now you're talking healthy!

- Folic acid is a vitamin that may protect you from heart disease and several types of cancer.

- Folic acid helps prevent up to 70% of spinal cord birth defects in newborns.

folic acid

is **essential** to your **health**

1. **Take a vitamin.**

Every day, take a multivitamin containing at least 400 micrograms (or 0.4 milligrams) of folic acid.

2. **Eat healthy.**

Eat lots of fruits and vegetables. Choose pasta, rice, bread and cereals enriched with folic acid.

To learn more about folic acid and good health, contact:

VDH VIRGINIA
DEPARTMENT
OF HEALTH
Protecting You and Your Environment
www.vdh.virginia.gov

Virginia Department of Health (VDH)
804-864-7800
www.vahealth.org/wic/folicacid.htm

The Center for Disease Control (CDC)
National Center on Birth Defects
1-800-232-4636
www.cdc.gov/folicacid

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