

folic acid

now you're
talking healthy!



It's a vitamin. It may protect you against heart disease and several types of cancer.

Folic acid helps prevent up to 70% of spinal cord birth defects in newborn babies, including the child you might have some day. So take a multivitamin with folic acid every day. Eat lots of fruits and vegetables. Choose enriched pasta, rice, bread and cereal. That's folic acid – now you're talking healthy!

Learn more at www.vahealth.org/wic/folicacid.htm
or call 804-864-7800

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