Folic acid

1 MAKE IT QUICK!
A fast way to get your daily dose of folic acid is to take a multivitamin every day. Check the label to be sure it contains the recommended daily amount of 400 mcg.

2 MAKE IT EASY!
Many breakfast cereals contain 100% of the recommended daily amount of folic acid per serving. Check the label to be sure.

3 MAKE IT DELICIOUS!
Give your vitamin intake a boost by enjoying a healthy smoothie. Blend together these ingredients for a nutritious tropical smoothie:

• 1 small banana
• 1/2 cup mango
• 1/2 cup pineapple
• 3/4 cup orange juice, and ice

Folic acid can help prevent serious birth defects of the brain and spine.

To learn more about folic acid, visit: http://www.cdc.gov/ncbddd/folicacid/about.html

Or call
The National Center on Birth Defects
1-800-232-4636