

# 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

