

## Keep This Card In Your Purse As A Reminder Of How To Get Enough Folic Acid Every Day!

- Take one multivitamin each day that lists 400 mcg (or 0.4 mg) of folic acid or folate on the label.
- Connect taking your vitamin with a daily activity, such as brushing your teeth, so you do it every day.
- Generic vitamins work the same as name brands, and they are usually cheaper.
- If it's hard to swallow a multivitamin, get a chewable one that lists 400 mcg of folic acid.
- Talk to your health care provider, pharmacist or nutritionist if you need more help.

### Folic Acid in Foods

Foods are fortified when they have extra folic acid added. Check labels for the amounts. Some fortified foods are:

Bread & rolls	Crackers	Rice
Breakfast cereals	Macaroni	Spaghetti

Other foods high in folate include:

Black beans	Orange juice	Spinach
Blackeye peas	Peanuts	Split peas
Broccoli	Pinto beans	Sunflower seeds
Mustard greens	Refried beans	Turnip greens

For more information on folic acid call

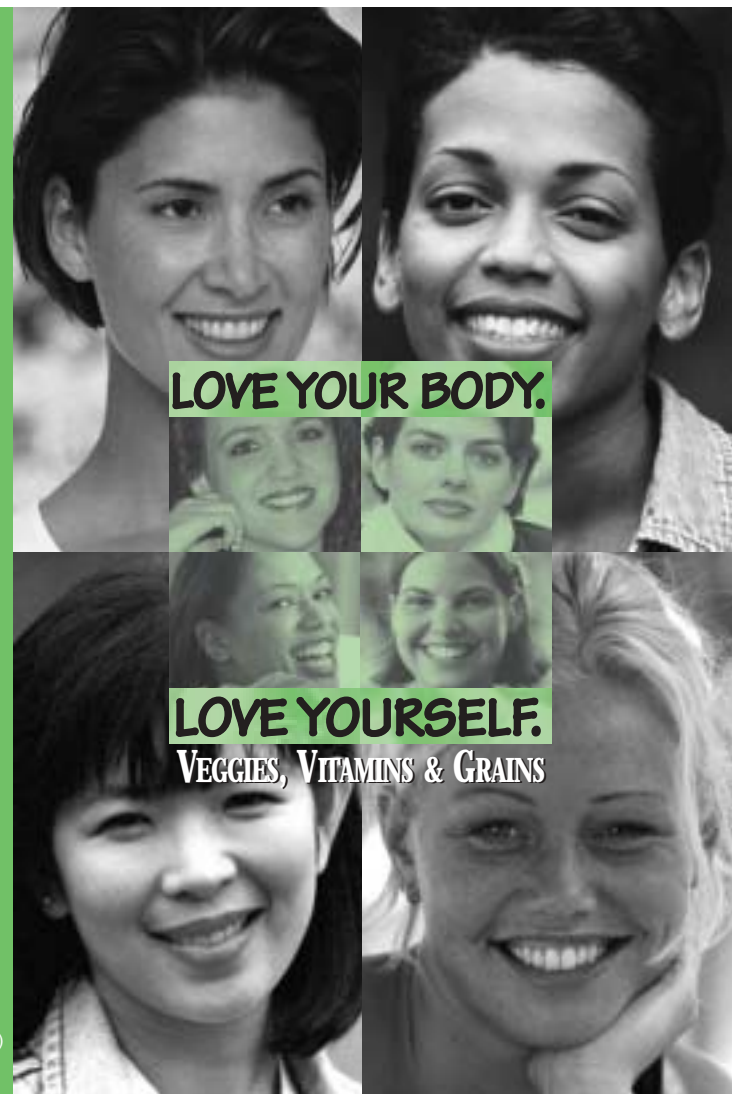
**1-800-367-2229**  
NC Family Health Resource Line 

or visit [www.getfolic.com](http://www.getfolic.com)

**MULTIVITAMINS**  
TAKE THEM FOR LIFE



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## Folic Acid— You Need It Every Day

You want to look and feel your best, don't you? The folic acid found in multivitamins works best for good health. Folic acid is also called folate and folacin.

Remember, too, that eating healthy foods is another smart - and inexpensive - way to look and feel great! Dark green leafy vegetables, dried beans and peas, whole grains and fruits are high in folate. And, they keep you looking and feeling good.

## Good Health— Looks Good, Feels Good

How you treat your body is an expression of love for yourself. So take a good look at what you're eating. Experts agree getting plenty of the B-vitamin folic acid keeps more than the doctor away.

Consuming 400 micrograms (mcg) of folic acid can help lower the risk of heart attacks, strokes and certain kinds of cancer.



acid every day. Start today!

It's especially important for women 14-44 years old to take folic acid every day. Folic acid may dramatically lower the risk of birth defects involving a baby's brain and spinal cord. So for good health now and in the future, take a multivitamin with folic acid every day. Start today!

## You're Worth It



Good health looks good. More importantly, good health *feels* good. So love your body by eating right. And be sure to consume 400 micrograms of folic acid every day. This simple step will put you on the road to looking and feeling your best.

*The easiest way to consume the right amount of folic acid is to take a multivitamin that has 400 mcg of folic acid every day.*



## How To Read This Label

Nutrition Facts		
Serving Size 3/4 Cup (28g)		
Servings per Container about 10		
Amount Per Serving	Cereal	Cereal with 1/2 cup Skim Milk
<b>Calories</b>	100	140
Calories from Fat	0	0
% Daily Value**		
<b>Total Fat</b> 0g	0%	0%
Saturated Fat 0g	0%	0%
<b>Cholesterol</b> 0mg	0%	0%
Sodium 90mg	4%	7%
<b>Total Carbohydrate</b> 23g	8%	10%
Dietary Fiber 3g	12%	12%
Sugars 5g		
<b>Protein</b> 3g		
Vitamin C	0%	2%
Calcium	0%	15%
<b>Folate</b>	25%	25%

Food labels make it easy to find foods that have folic acid. The labels list what you get in that food compared with what you need every day.

Vitamins like folic acid are listed on the bottom half of the label. Use the sample label "Nutrition Facts" to learn how to find the amount of folic acid.

Find where folic acid is listed. Read across to find the % Daily Value (DV). The sample says 25%.

Use this chart to see how much folic acid is in your foods.

DV	Mcg	DV	Mcg
10%	40	50%	200
25%	100	75%	300
30%	120	90%	360
40%	160	100%	400

Aim to get 100% DV, or 400 mcg, every day!