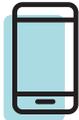


## Do you have questions?

Call our 24-hour Nurse Advice Line.  
We are here to help you.



**English:**  
**(888) 275-8750**

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# Folic Acid (Folate)



## Staying Healthy While You Are Pregnant

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## What is Folic Acid?

Folic Acid (Folate) is a B vitamin that helps make new cells. Your body needs enough folic acid to grow a healthy baby.

A lack of folic acid can cause birth defects, such as:

- Cleft lip or palate (The lip or mouth does not form properly.)
- Spina Bifida (Bones in the spine do not form properly around the spinal cord.)
- Anemia (The blood lacks enough healthy red blood cells that carry oxygen.)
- Brain damage

## How can I make sure I have enough Folic Acid?

Eat foods that are rich in folic acid.

- Citrus fruit
- Milk
- Liver

- Dark green, leafy vegetables
- Vitamin fortified breakfast cereals
- Dried beans/cooked kidney beans
- Whole grains
- Fortified oatmeal

Birth defects happen in the first few weeks of pregnancy. You may not know you are pregnant. Eating the right foods can ensure you get enough folic acid. This will help prevent birth defects.

**Take a daily multi-vitamin with Folate to meet your folic acid needs.**

Help your baby grow properly by getting enough folic acid.