

# Folic Acid Awareness Week Promotes Everyday Health



Folic Acid Awareness Week helps spread information about folate's role in overall health and pregnancy.

Folic acid and folate are very similar. Folate is a B vitamin.

Folic acid is the man-made form of folate.

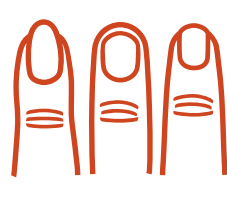
**Our bodies use folate and folic acid to create new cells, including:**



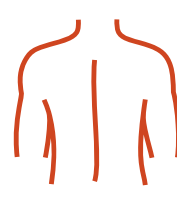
Blood cells to transport oxygen through the body



Hair



Nails



Skin



## Folic Acid and Pregnancy

- Folic acid is vital for women who are planning to become pregnant or are currently pregnant. The Centers for Disease Control and Prevention recommends all women of reproductive age consume 400 micrograms of folate daily.
- Folic acid is critical to prevent birth defects of the brain and spine.
- Getting the recommended dose of folic acid may help prevent miscarriage.
- Folic acid and folate help prevent anemia.

## How to Get Folic Acid

Eating a healthy diet of fresh fruits, vegetables, whole grains and some fortified foods often provides the folic acid each person needs.

**Folate occurs naturally in foods such as:**

- Dark, leafy vegetables like spinach
- Nuts and beans
- Oranges
- Poultry, such as chicken or turkey
- Whole grains



**Refined foods that are enriched to include folic acid include:**

- Breakfast cereals
- Certain flours and cornmeal
- Most U.S. multivitamins contain a daily dose of folic acid

Interested in learning more about how your diet can improve your health? Consult with your provider.  
Find one today [weillcornell.org/doctors](http://weillcornell.org/doctors)