

Planning To Get Pregnant? Get Your Folate First!

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If you are planning to get pregnant, give your baby a good head start: Get enough folate in your diet *before* you are pregnant. Folate also is known as folic acid. This is a B vitamin that can lower the risk of serious birth defects in your baby's brain and nervous system. Getting enough folate is very important in the first few weeks you are pregnant.

So if you plan to get pregnant, plan to get enough folate first. Talk with your doctor before you try to have a baby.

Folate protects your baby from a serious birth defect in the first few weeks you are pregnant. Plan ahead!

HOW MUCH?



Before pregnancy, get 400 mcg each day. Once you are pregnant, your doctor may suggest an increase to 600 or 800 mcg. Some women may need more. But getting too much folic acid also can be a problem for some women. Talk with your doctor about the amount that is right for you.

HOW TO GET IT

A prenatal vitamin can provide the minimum folate you need. Give that a boost by eating folate-rich foods.

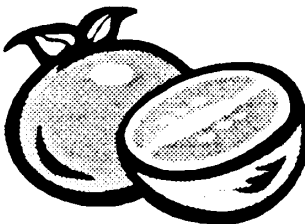
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FOOD SOURCES OF FOLATE

Fortified Cereal, Rice, and Pasta	Lentils Dried Beans Spinach Orange Juice	Broccoli Corn Peas Avocados	Peanuts Almonds Sunflower Seeds
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Add folate to your diet: toss some red beans into your salad, snack on cereal, serve broccoli and spinach more often, and have orange juice with lunch instead of soda. Remember: Folate first!



NOTES: