Folic Acid

Folic acid helps prevent birth defects to the baby's brain and spine.

- If you could become pregnant, take a multivitamin with folic acid every day.

- If you are planning a pregnancy, start taking a multivitamin with folic acid at least three months before you hope to get pregnant.

- Once you are pregnant, switch to a prenatal vitamin.

It is also important to eat fortified grains and foods rich in folate, such as spinach, lentils, chick peas, asparagus, broccoli, peas, corn or oranges.

**Some women need more folic acid.
Talk to your health care provider.**

www.healthbeforepregnancy.ca

*best start
meilleur départ*)

by/par health nexus santé

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