

The following menu is an example of how you can increase your folic acid intake:

	Micrograms of Folate
Breakfast	
1 cup Orange Juice*	110
1 cup White Rice, enriched	110
1 Scrambled Egg*	18
1/2 Chilled Papaya	57
1 cup Milk - 2%*	13
Snack	
1 cup Multi Grain Cheerios*	400
1 medium Orange	40
Lunch	
Ham & Cheese Sandwich	78
1/2 cup Bean Soup	70
1 cup chopped Romaine Lettuce with 2 T. Ranch Dressing	76
1 Apple Banana	12
1 cup Milk - 2%*	13
Snack	
1 Oatmeal Peanutbutter Cookie	35
1 cup Pineapple Juice*	28
Dinner	
1 cup Beef Broccoli Stir-fry	52
1/2 cup White Rice, enriched	55
4 Carrot Sticks* with 2T. Ranch Dressing	40
1 cup Milk - 2%*	13
Total	1220

* Contains WIC Foods

Source: www.nal.usda.gov/fnic/foodcomp/
First DataBank Nutritionist Pro

For more information on folic acid and neural tube defects, please contact:

American Academy of Pediatrics

141 Northwest Point Blvd.
Elk Grove Village, IL 60007
(847) 434-4000
Email: pubs@aap.org
Ask for the Parent Resource Guide

Folic Acid Council of Hawaii (HMHB)

1500 S. Beretania Street, Suite 408
Honolulu, Hawaii 96826
(808) 951-5805
Email: info@hmhb-hawaii.org

MothersCare for Tomorrow's Children

1953 South Beretania Street, Suite 3A
Honolulu, Hawaii 96826
On Oahu: (808) 535-7988
On Neighbor Islands: 1-800-772-3020

March of Dimes - Hawaii Chapter

1451 South King Street, Suite 504
Honolulu, Hawaii 96814
On Oahu: (808) 973-2155
On Neighbor Islands: 1-800-272-5240
Email: HI345@modimes.org

Shriners Hospital for Children

1310 Punahou Street
Honolulu, Hawaii 96826
On Oahu: (808) 941-4466
On Neighbor Islands: 1-888-888-6314
Email: shriners@pixi.com

**Hawaii Department of Health
WIC Services Branch**

235 South Beretania Street, Suite 701
Honolulu, Hawaii 96813
On Oahu: (808) 586-8175
On Neighbor Islands: 1-888-820-6425
Email: wic@mail.health.state.hi.us
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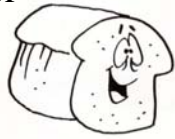
Folic Acid



Eating for
a healthier
future

What is folic acid?

Folic acid is a B vitamin needed for human growth and healthy blood. Folate is the word used for sources of folic acid.



Why is folic acid so important for women?

Many women do not know when they will get pregnant, and do not know they are pregnant during the first few weeks. Recent studies suggest that folic acid before and during early pregnancy helps protect babies from birth defects called **neural tube defects**. That is why the best time to start making sure you are getting enough folic acid is *now*.



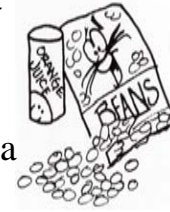
What are neural tube defects?

Neural tube defects (NTD) are the most common disabling birth defects in the United States. The neural tube becomes a baby's brain and spine. If the brain or spine does not form correctly, a baby can be paralyzed or mentally challenged, or even die.



Who can have a baby with a neural tube defect?

Any woman who can become pregnant has *some* risk for having a baby with an NTD. Many of the causes of birth defects are unknown. Getting enough folic acid is something important that women can do to try to reduce the risks.



How much folic acid do I need?

The U.S. Public Health Service recommends that all women of childbearing-age get 400 micrograms of folic acid everyday. This is more than most women eat.



Women who already had a child with NTD should talk to their health care provider about folic acid if they are planning another pregnancy.



How can I get more folic acid?

Try any of the following:

- Eat 5 fruits and vegetables a day.
- Choose breakfast cereals fortified with folic acid and enriched grain products.
- Read food labels carefully for folic acid. Note: most of Hawaii's rice is not enriched with folic acid. Shop wisely!
- Drink a glass of orange juice.
- Eat beans or peas in soups, salads or casseroles.
- Steam, stir-fry, microwave or boil vegetables in a small amount of water.
- Ask your doctor about a vitamin-mineral supplement with 400 micrograms of folic acid.

Does folic acid have any other health benefits?

New studies show that folic acid may help prevent heart disease. Enough folic acid can help you and your children enjoy a healthy future!

Food Sources of Folic Acid

**WIC food*

High

*Dry Beans
Strawberries
Romaine Lettuce
*Orange Juice
*Pineapple Juice
Spinach
*Fortified Breakfast Cereals

Medium

Corn
*Peanut Butter
Green Peas
Broccoli
Rice, folate fortified
Mango
Avocado

Low

*Cheese
Papaya
Breads
Tofu
*Milk
*Eggs
Bananas