Learn More About Folic Acid

How much folic acid do you need?
You need about 0.4 milligrams of folic acid every day. It’s hard to get enough folic acid in the foods you eat. You may need to take a vitamin with folic acid. Ask your doctor.

Where is folic acid found?
It is found most in
- green leafy vegetables
- seeds and nuts
- dried beans and peas
- citrus fruits and juices
- whole grain breads and cereals
- liver
- yeast

These foods have a lot of folic acid and few calories.

<table>
<thead>
<tr>
<th>Food</th>
<th>Amount To Eat</th>
<th>Milligrams Folic Acid</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli</td>
<td>½ cup</td>
<td>0.053</td>
<td>23</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>½ cup</td>
<td>0.079</td>
<td>33</td>
</tr>
<tr>
<td>Collards</td>
<td>1 cup</td>
<td>0.055</td>
<td>20</td>
</tr>
<tr>
<td>Okra</td>
<td>½ cup</td>
<td>0.134</td>
<td>34</td>
</tr>
<tr>
<td>Orange juice</td>
<td>1 cup</td>
<td>0.100</td>
<td>120</td>
</tr>
<tr>
<td>Spinach (cooked)</td>
<td>½ cup</td>
<td>0.131</td>
<td>21</td>
</tr>
<tr>
<td>Spinach</td>
<td>½ cup</td>
<td>0.054</td>
<td>6</td>
</tr>
</tbody>
</table>

What foods are good sources of folic acid?
- Sunflower seeds
- Almonds
- Cashews
- Multi-grain cereals
- raisin bran
- bran cereal
- Dry beans
- Lima beans
- Navy beans
- Black-eyed peas
- Orange juice
- Turnip greens
- Spinach
- Collards
- Okra
- Liver

These sample foods are high in folic acid.

**Breakfast Foods**
- Cereal with folic acid added
  - Example: bran cereal
- Skim milk
- Slice of whole wheat toast
- Orange juice

**Lunch Foods**
- Bowl of navy bean soup
- Whole wheat crackers
- ½ grapefruit
- Skim milk

**Snack Foods**
- Sunflower seeds

**Dinner Foods**
- Baked chicken
- Broccoli, steamed
- Rice
- Salad
- Peas
- Corn bread
- Skim milk
Dear Friend,

Katie comes to you from your county Extension office. We can tell you many things about feeding and caring for your family. Come by or call the Extension office for free booklets.

Katie

What is folic acid?
Folic acid is a B vitamin. It is important for girls and women ages 15 to 45, capable of becoming pregnant, planning a pregnancy, or in the early months of pregnancy.

Men are more likely to get enough folic acid. They usually eat more food than women do.

Why should you take folic acid?
It can help protect your unborn baby. It can prevent birth defects of the brain and spine.

Evelyn F. Crayton, Extension Foods & Nutrition Specialist
Your County Extension Agent can tell you more about this and can help you in other ways too.

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