

Health Tip of the Month

Multi-Vitamins for a Healthy Baby!

All adults need at least 400mg folic acid daily. Women between 15 and 45 years of age need to take enough folic acid because nutrition related birth defects occur early in pregnancy (3-4 weeks after conception), before most women know they are pregnant.

Folic acid has been proven to prevent neural tube defects in the newborn. Neural tube defects are birth defects of the brain, spine, or spinal cord and take place in nearly 3,000 pregnancies in the U.S. each year.

Pregnant women need 600 mcg of folic acid daily. Pregnant women should take a supplement with 100% daily value of folic acid (400 mcg) and get the rest of folate from foods.

Foods with folate include: Dark green leafy vegetables, oranges, beans, nuts, eggs, and products enriched with folic acid like breakfast cereal.



Take a daily Multi-Vitamin!

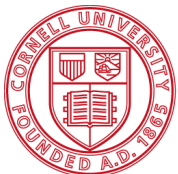
Pregnant women need extra amounts of folate, calcium, iodine, and iron during pregnancy.

If you are planning to become pregnant, the US Preventative Task Force recommends taking a folic acid supplement, or a multivitamin with 400 mcg (but no more than 800 mcg) of folic acid starting **at least 1 month before conception.**

Taking enough folic acid before pregnancy and in the early weeks of pregnancy can help prevent permanent birth defects.

Examples of affordable and safe multi-vitamins

1. Nature's Way Alive! Women's Gummy Multivitamin
2. Target Brand Up & UP: Women's Daily Multivitamin
3. One A Day Women's Multivitamin



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