



Getting Enough Folic Acid (Folate)



Overview

Folic acid is a vitamin we all need to be healthy. We get it from the foods we eat. Let's learn about folic acid and how much we should be getting every day.

What does it do?

First, what does folic acid do? Well, it's a type of B vitamin. B vitamins support your body's ability to turn food into energy. Your body also uses B vitamins to make new cells. Folic acid is especially important for women who are pregnant, and for women who may get pregnant. That's because it helps prevent some birth defects of the brain and spine.

How much do I need?

How much folic acid do you need every day? Adults should get 400 micrograms. Women who are pregnant or who could get pregnant should get 400 to 800 micrograms.

How do I get folic acid?

You can get folic acid by eating leafy green vegetables, beans, peas and nuts. It's found in bananas, oranges, strawberries and melons. It's added to breads and breakfast cereals. Or, you can get your daily amount by taking a daily folic acid supplement. Some multivitamins also contain folic acid.

Conclusion

Talk to your doctor for more information about the benefits of folic acid.

