



National Folic Acid Awareness Week January 9-15, 2006

Join the National Council on Folic Acid in spreading the word to increase folic acid awareness among American Women. The National Council on Folic Acid recommends 400 micrograms a day to prevent serious birth defects of the brain and spine. Studies have shown that Folic Acid prevents 50%-70% of neural tube defects, if taken before and during the pregnancy.

What is Folic Acid?

Folic Acid is a B-vitamin that is available in synthetic form and through foods. Although it is possible to obtain folic acid through foods in the diet, it is difficult to retain the recommended dosage. The body actually absorbs the synthetic form of folic acid better than the natural form "Folate". Since this was discovered the Food and Drug Administration required the addition of folic acid to enriched breads, cereals, flours, pastas, rice and other grain products to increase the amount of synthetic folic acid in the American diet.

How is Folic Acid Consumed?

- Folic Acid can be consumed in the synthetic form by taking a multi-vitamin fortified with Folic Acid.
- Folic Acid can be consumed through foods in the diet as well.

Foods that Contain Folic Acid

Fortified Breakfast Cereals
Lentils
Asparagus
Spinach
Black beans
Orange Juice
Peanuts
Enriched breads and pastas
Romaine Lettuce

Test Your Folic Acid Knowledge

Answer each question to test your knowledge on Folic Acid so you can help to improve awareness.

1. Folic Acid is a
 - a. B Vitamin
 - b. Form of Vitamin C
 - c. Mineral
2. Folic Acid reduces the risk for
 - a. Spina Bifida
 - b. Anencephaly
 - c. All neural tube defects
3. While it is important to eat a healthy diet, the Easiest way to get the right amount of Folic Acid every day is to:
 - a. Eat two cups of whole grains
 - b. Eat five servings of fruits and vegetables
 - c. Drink a quart of milk
 - d. Take 400 micrograms of Folic Acid

Check Your Knowledge: Answers Listed Below

New Research and Studies in Folic Acid

New studies suggest that Folic Acid can help reduce cardiovascular disease, colon, cervical, and breast cancer. Research conducted has proven that taking Folic Acid in accordance with Vitamin B 12 and Vitamin B 6 can help reduce recurrence of blocked arteries. Folic Acid may prevent Alzheimer's disease by protecting neurons critical for learning and memory. Up and coming research suggest that a Folic Acid deficiency may increase the brain's susceptibility to Parkinson's disease.

After reading new discoveries, MEN as well as WOMEN should consume FOLIC ACID daily!

Quiz Answers: 1. a; 2. c; 3. d Sources: www.folicacidinfo.org

