



FOODS HIGH IN FOLIC ACID (50-100mcg per serving and above)

Cooked black eyed beans, brussel sprouts, beef extract, yeast extract, kale, spinach, granary bread, spring greens, broccoli, parsnips and cooked chick peas.

FOODS WITH MEDIUM FOLIC ACID CONTENT (15-50mcg per serving)

Cooked soya and kidney beans, cauliflower, cooked lentils, green beans, courgette, green pepper, potatoes, iceberg lettuce, oranges, peas, orange juice, baked beans, wholemeal bread, cabbage, yoghurt, white bread, eggs, brown rice, wholegrain pasta.

FOODS FORTIFIED WITH FOLIC ACID

- Look out for the folic acid flash on foods which have been fortified with folic acid.



Bread: some breads are fortified with folic acid. It is usually a 'soft grain' bread. A 2 slice serving of one of these will provide approximately 90mcg of folic acid.

Cereals: many breakfast cereals are fortified but to widely different levels so it is important to always check the label. Some have over 100mcg per 30g serving.

- Warning:** liver is rich in folic acid but you should not eat it if you are pregnant or planning to become pregnant because it also contains high levels of vitamin A which could harm your baby.
- Remember over-cooking vegetables destroys folic acid.

A note on serving sizes

For the purposes of this table, folic acid content has been calculated according to the average portion size for that food. For most fruit and vegetables this is 80g, but is 150ml for fruit juice and 175g for potatoes. Bread is estimated on the basis of 2 slices, rice 180g and beef and yeast extract on a level teaspoon.

References: *Food Portion Sizes*, 2002, RSC; *The Composition of Food*, McCance & Widdowson, 6th Edition; *Folic Acid and the Prevention of Neural Tube Defects, Report from an Expert Advisory Group*, Department of Health, Scottish Office Home & Health Department, Welsh Office, Department of Health and Social Services, Northern Ireland (1992).

FOLIC ACID – AN ESSENTIAL INGREDIENT IN MAKING BABIES

Ask your pharmacist or family doctor to give you advice if:

- you're still not sure about the advice in this leaflet**
- you're already pregnant**
- you're already taking medicine prescribed by your doctor, especially if it is to treat epilepsy**
- you have spina bifida or there is a history of spina bifida or another neural tube defect in your family or that of your partner.**

You can get further information about folic acid and planning a pregnancy from:

- Your family doctor, practice nurse, health visitor or pharmacist**
- NHS Direct on 0845 4647, www.nhsdirect.nhs.uk**

For further information about spina bifida contact:

The Association for Spina Bifida and Hydrocephalus (ASBAH)
42 Park Road
Peterborough PE1 2UQ
Tel: 01733 555988
www.asbah.org



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Thinking of having a baby?



Folic Acid – What all women should know





SPINA BIFIDA AND OTHER NEURAL TUBE DEFECTS

A Every woman, even before she's pregnant, wants her baby to be healthy.

B No one likes to think that anything will happen to their baby.

C But every day in England and Wales, at least two babies are conceived with neural tube defects such as spina bifida.

Spina bifida and other neural tube defects are caused when the neural tube, which goes on to become the baby's spine, does not form properly. With spina bifida, for example, one or more of the bones in the spine fails to develop properly and leaves a gap, meaning that the spinal cord and nerves are damaged. This affects babies in different ways, but could mean a future of dependence on other people, being unable to walk or control their bladder.

Potentially, everyone's baby is at risk:

- Whatever your age
- Whether you are a first-time mother or have already got healthy children
- Even if spina bifida doesn't run in your family and you are in the best of health

A folic acid supplement is important because, although folic acid in its natural form can be found in many foods you may eat every day, it would be very difficult to get enough to help protect your baby from spina bifida through your normal daily diet alone.

WHAT YOU NEED TO KNOW ABOUT FOLIC ACID

What is folic acid?

It is a water soluble B vitamin. It is available as a supplement and is also used to fortify some foods, such as breads and breakfast cereals (you can tell which ones by looking at the label). Folic acid is also known as folate when it occurs naturally in a variety of foods such as green vegetables, beans and pulses, orange and yeast and beef extracts.

How do you get enough folic acid?

To protect your baby against neural tube defects like spina bifida, you need more folic acid than you can get from your daily diet – in fact, it is estimated that you need three times the amount you could normally expect to eat in one day.

Because of this, doctors and other health professionals make the following recommendations:

- If you stop using contraception, and could become pregnant, you need to take a daily 400 microgram folic acid supplement until the end of the twelfth week of pregnancy. (This may be written as 400 mcg, 400 µg or 0.4 mg.)

When is the right time to start taking extra folic acid?

A daily 400 mcg folic acid supplement is the best way to guarantee that you are taking the right amount of folic acid to benefit the healthy development of your baby.



■ You should eat more breads and breakfast cereals fortified with folic acid. Look for information on the food label, and also look out for these symbols on products that are fortified with folic acid.



■ As part of a healthy balanced diet, it is recommended that people eat at least five portions of a variety of fruit and vegetables each day. Eat more fruit and vegetables naturally rich in folic acid (such as green vegetables, beans, pulses and oranges) – but don't overcook green vegetables as this destroys folic acid.

■ Women who have a family history of neural tube defects, or are taking medicine to treat epilepsy, should consult their doctor before planning a pregnancy.

Multivitamin supplements may also contain some folic acid but are likely to contain less than you need. Do not be tempted to take more of these to give you the right amount of folic acid, as you may end up taking too much of other vitamins and minerals.

You need to take a folic acid supplement from the time you stop using contraception until the twelfth week of pregnancy to make sure you have enough folic acid in your body at the right time.

Doctors and other health professionals recommend that if you could become pregnant, whether you are trying for a baby or not, you should take a supplement of 400 mcg of folic acid each day. This is because it is difficult to tell exactly when you conceive. Some of the most vital developments in your baby, including the development of your baby's spine, take place very soon after conception, even before you realise that you are pregnant.

Is a folic acid supplement really necessary?

Yes. The only way to be sure that you are getting the right amount to help protect your baby is to take a 400 mcg folic acid supplement.

It would be very difficult to eat enough of the foods which contain folic acid every day to give you the amount needed to help prevent neural tube defects.

Even then you could not be sure because folic acid is lost when food is stored for a long time. Folic acid is also destroyed when food is cooked, especially if vegetables are boiled for a long time.

Can folic acid be harmful?

All the research shows that folic acid has no side-effects in women of childbearing age, even if they take it for many years. It is one of the vitamins that your body gets rid of naturally if you take more than you need.

Always ask for advice from a doctor or pharmacist if you are already taking any medicine. If you suffer from epilepsy and are planning a pregnancy, it is particularly important to get advice.

What if I'm already pregnant?

If you find out you are pregnant, you should start taking folic acid supplements straight away and continue doing so until the end of your twelfth week of pregnancy. There is no need to continue taking a supplement beyond this time.

Please do not worry if you are more than twelve weeks pregnant and have not taken folic acid – remember that most babies are born in perfect health.

Where can I get supplements?

You can buy folic acid supplements from pharmacies, health food stores and most supermarkets. It is also possible to get folic acid supplements on prescription. However, it is usually cheaper to buy them unless you qualify for free prescriptions.

Folic acid supplements are small, easy to take, and you only need one tablet a day of the right strength (400 mcg).

There are different brands of folic acid supplements, so you have a choice. Make sure you get one that contains the right amount, that is 400 mcg, and remember that supplements which contain folic acid only are the best.



We don't know how to prevent all birth defects but we do know how to reduce the risk of neural tube defects like spina bifida. By following the advice in this leaflet, you can reduce the risk to your baby.