



## What is Folic Acid?

Folic Acid (Folate) is one of the B vitamins. Studies have shown that Folate is critical to maintaining good health. It enhances the development of all new cells such as skin, hair, and nails. Folate is the form of vitamin found naturally in foods. Folic Acid is the active form found in vitamins.



## Why is Folic Acid important?

- Helps produce new cells in the body.
- Helps produce normal red blood cells which prevent anemia
- Helps prevent birth defects of the brain and spinal cord known as neural-tube defects
- Protects against heart disease which is the leading cause of death for women
- Protects against colon cancer

## How much Folic Acid do we need?

- Men and women need 400 micrograms daily along with diet
- Pregnant women need 600 micrograms daily along with diet
- Breastfeeding women need 500 micrograms daily along with diet

## Note to Women

- It is best for all women to take a vitamin with 400 micrograms of folic acid everyday.
- To prevent birth defects, it is necessary to take a vitamin with folic acid at least one month before and during the first few weeks of pregnancy.

## Good Sources

Liver  
Lentils  
Spinach  
Avocado  
Greens  
Soybeans

Cereals  
Chickpeas  
Brussels sprouts  
Split peas  
Artichoke  
Papaya

Breads and pastas  
Navy, pinto, or black beans  
Orange Juice  
Romaine lettuce  
Asparagus  
Black-eyed peas



# Folic Acid



# Calcium

## Steps to Bone Health

- Make sure you consume calcium and vitamin D foods.
- Bones grow stronger until age 30 to 35 and these foods help build bones.
- Do weight bearing exercise everyday (walking, lift weights, hiking, dancing, etc.).
- Smoking and excessive alcohol intake can weaken the bones.



## What is Osteoporosis?

Loss of bone density leads to weaker bones that break and leads to “dowager’s hump” or other bone problems in the back, hips and wrist.



### How much calcium do I need?

- Young children need 700 - 1000 mg per day
- Older children need 1300 mg per day
- Adults need 1000 - 1200 mg. each day

### How much vitamin D do I need?

- 400 - 800 IU each day of vitamin D to help the calcium be used by the body

### Calcium Food Sources

Low fat dairy foods—cheese, milk, yogurt  
Broccoli, kale, turnip greens

### Vitamin D Food Source

Skim or fat free milk  
Tuna  
Salmon



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