



Folic Acid

Folic acid helps prevent birth defects to the baby's brain and spine.

Start taking a multivitamin with folic acid at least three months before you get pregnant.

It is also important to eat fortified grains and foods rich in folate, such as spinach, lentils, chick peas, asparagus, broccoli, peas, corn or oranges.

Some women need more folic acid. Talk to your health care provider.

www.healthbeforepregnancy.ca



*best start
meilleur départ*

by/par health **nexus** santé