

How to Properly Take Folic Acid During Pregnancy: Recommendations and Tips



Highlights

Folate (also known as folic acid) is one of the B vitamins that supports healthy growth and development.

Folate is found naturally in foods, and it is known as 'folic acid' when added to foods or included in dietary supplements.

Your baby needs folate for brain, spine, and nerve development.

Taking folic acid supplements during pregnancy helps prevent birth defects.

Folic acid supplements are widely available - ask your healthcare provider about the dose that's right for you.

In This Article

Folate and Folic Acid

Importance of Folate During Pregnancy

Foods Containing Folate

Starting Folic Acid Supplements

Recommended Dosage of Folic Acid

High Dose of Folic Acid

Excessive Folic Acid Intake

Folate and Folic Acid

Importance of Folate During Pregnancy

Foods Containing Folate

Vegetables: Broccoli, spinach, Brussels sprouts, cabbage, cauliflower, green beans, zucchini, lettuce

Fruits: Oranges, avocados, bananas, strawberries, grapefruit

Legumes: Chickpeas, lentils, kidney beans, soybeans, peas

Eggs

Nuts

Juices: Especially citrus juices

Fortified foods: Some bread, cereals, and grain products

Starting Folic Acid Supplements

Recommended Dosage of Folic Acid

High Dose of Folic Acid

A personal or family history of neural tube defects

A previous affected pregnancy

Diabetes or obesity

Using certain medications

Conditions that reduce nutrient absorption

Excessive Folic Acid Intake

Tools And Assistance

Family planning services

Local health clinics

General maternal health resources