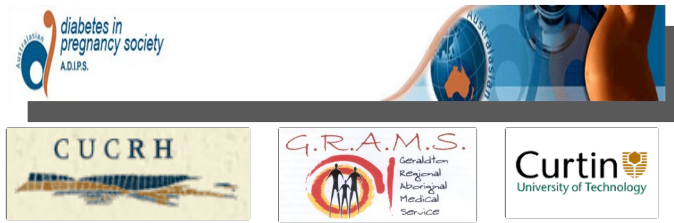


And remember to always eat healthy!



Folate in Pregnancy

See the Health Worker, Midwife or Dietitian at your clinic for more information.



Folate in Pregnancy



***Look after yourself
Look after your baby***



What is folate?

Folate (or folic acid) is a B-group vitamin found in some foods, which will be listed below.

Who needs folate?

All women who are:
Capable of getting pregnant.
Planning a pregnancy.

Why do you need folate?

Folate is important to help reduce the risk of neural tube defects (such as spina bifida) in babies.



How much folate do you need?

5 mg per day.

Ask your doctor for folate supplements to be taken **before pregnancy** and for the **first three months of pregnancy**.



1 folate tablet = 5 mg per day—take 1 daily.



What are the food sources of folate?

In general, folate can be found in leafy greens, dried peas and beans, fortified cereals and grain products, and some fruits and vegetables.

Excellent food sources of folate:

- Asparagus
- Bran flakes
- Broccoli
- Brussels sprouts
- Chick peas
- Dried beans
- Lentils
- Spinach



Very good food sources of folate:

- Cabbage
- Cauliflower
- Leeks
- Oranges
- Orange juice
- Parsley
- Peas
- Wheat germ
- Wholegrain bread



Good food sources of folate:

- Hazelnuts
- Vegemite
- Parsnips
- Potato
- Salmon
- Strawberries
- Tomato
- Unsalted peanuts
- Walnuts

