Folate in Pregnancy

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

And remember to always eat healthy!
**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