

# Proper Nutrition & Birth Defects

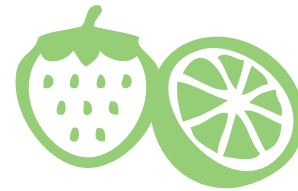
About 120,000 babies are born each year with a birth defect, according to the March of Dimes. Birth defects are health conditions present at birth and many can be prevented or fixed through regular prenatal checkups and proper nutrition.

Folic acid is a B vitamin that can reduce certain birth defects of the brain, spine and spinal cord by more than 70 percent.

## Good sources of folic acid can come from:



Multivitamins that contain 400 micrograms of folic acid



Fruits and fruit juices like oranges, pineapple, raspberries, papaya, strawberries and cantaloupe



Leafy green vegetables such as spinach, collards, mustard, peas, green beans and artichokes



Beans like lentils, soybeans and tofu, black beans and kidney beans

January is National Birth Defects Prevention Month. If you are pregnant or are planning to become pregnant, it is important to talk your doctor about prenatal health and nutrition. Your doctor can recommend options for including folic acid in your diet that work for you.