



A MINUTE OF HEALTH WITH CDC

Fill Up with Folic Acid

Grand Rounds: Additional Opportunities to Prevent Neural Tube Defects with Folic Acid Fortification

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

Neural tube defects are serious birth defects of the brain or spine. These conditions can result in a lifetime of health problems or even death. A lack of folic acid before and during the first few weeks of pregnancy is one of the leading causes of neural tube defects. The most effective way to get enough is by taking a vitamin containing folic acid or eating fortified foods, such as breakfast cereals, bread, rice, and pasta. Because half of pregnancies in the U.S. are unplanned, if you can get pregnant, make sure you get 400 micrograms of folic acid every day.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.