

# *Folic Acid*

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You probably know that it is important to eat well while you are pregnant, **but...**  
Did you know it is important for you to eat well **before** you get pregnant?

If you are healthy and eating many types of good food when you become pregnant, you'll have a much better chance of having a healthy baby.

## **What is Folic Acid?**

One nutrient that is very important before you're pregnant and in the early stages of pregnancy is folic acid. This is one of the B vitamins and is found in many foods. Research shows adequate folic acid can help prevent serious birth defects.

The really good news is that many foods provide folic acid. Dried beans and peas, orange juice and enriched cereals are all good sources. Other sources of folic acid are spinach, turnip greens, asparagus and broccoli.

Here's how to get the folic acid you need each day:

### **Breakfast**

- ½ cup orange juice
- ¼ cup Product 19 cereal

**OR**

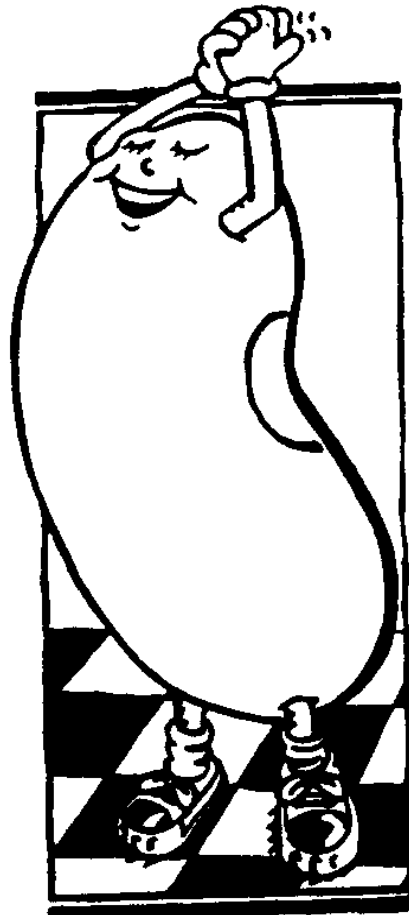
### **Lunch**

- 1 cup lentil soup
- 1 orange

**OR**

### **Dinner**

- 1 cup Sunshine Salad
- 1 cup pinto beans



**Beans  
are a  
great  
source  
of  
Folic  
Acid!**

**It is very important that you include foods with folic acid in your eating plan every day. The good news is that it's easy to get the folic acid you need from the food you eat!**

Here's a recipe for an easy salad that will help you get the folic acid you need each day before, during and after your pregnancy:

## Sunshine Salad

Serves 4

2 cups lettuce (romaine is good), torn into pieces  
2 cups raw spinach, washed well and torn into pieces  
2 oranges or 1 can (11 ounces) mandarin oranges  
2 slices red onion  
Optional: sliced mushrooms, water chestnuts or jicama

### Dressing\*

2 tablespoons vegetable oil  
2 tablespoons orange juice  
1 tablespoons sugar  
1 tablespoon vinegar



\*Use bottled dressing if desired.

1. Place greens in a large bowl.
2. Using a sharp knife, remove skin from oranges.
3. Slice orange crossways. Cut each slice into quarters. Eliminate this step if using canned oranges; just drain. Place orange sections on top of greens.
4. Separate the onion rings and arrange on top of salad. Add optional ingredients as desired.
5. Shake all of the ingredients for dressing in a small jar with a tight lid. Pour over salad just before serving.

## For more information, contact



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