

Go Folic! Info for Parents



“Go Folic!” is a campaign to help teenage girls and women get enough folic acid and other vitamins in their diet. It is a program of the San Francisco Health Department.

As part of the campaign, the Health Department is offering all San Francisco women, ages 14-44, free multi-vitamins with folic acid.

What is folic acid?

Folic acid is a very important B vitamin. It is called “folate” when found in food.

Why does my daughter need it?

Your daughter needs folic acid to be healthy. Folic acid helps her body grow well. Every part of her body needs it. Taking a daily multi-vitamin with folic acid may give your daughter:

- A lower risk for breast, cervical and colon cancer
- A healthier heart



Why your daughter will like it!

Your daughter will like it because it is good for her hair, skin, and nails.

How much does my daughter need?

Teenage girls need at least 400 mcg everyday.

Folic acid can be harder to absorb from food. That is why the U.S. Public Health Service recommends that all teenage girls and women take a daily multi-vitamin with folic acid.

It's never too early to start a new health habit!

The teen years are a good time to begin taking a multi-vitamin. Your daughter's body is preparing her for future motherhood. Discuss your

expectations about sex and pregnancy with your daughter. Educate her for her future - taking a multi-vitamin with folic acid BEFORE pregnancy:

- Will decrease a woman's chance of having a baby born with serious birth defects of the brain and spine (neural tube defects)
- May decrease a woman's risk for preterm (early) labor and delivery.



Help your daughter get enough folic acid everyday!

- Encourage her to get her free multi-vitamins
- Remind her to take her multi-vitamin every day
- Give her foods with folate (a form of folic acid):



Cereals, bread and pasta with added folic acid. They will list “enriched” or “fortified” flour on the package.

Cooked spinach, bok choy, broccoli, collard and mustard greens

Black-eyed peas, pinto beans, black beans lentils, chickpeas, and red kidney beans

Peanuts and sunflower seeds

Orange juice, raspberries and strawberries
Avocados

- Be a good role model! Eat well. Take a daily multi-vitamin for your own health.

Want more information?

Visit www.gofolic.org on the web. If you are a woman under age 44, call **1-800-300-9950** to find out how you can get a year's supply of multi-vitamins for free, too!



The Go Folic! Women's Nutrition Project was made possible by a grant from the Vitamin Cases Consumer Settlement Fund. Created as a result of an antitrust class action, one of the purposes of the Fund is to improve the health and nutrition of California consumers.