

## **A Short Guide to the Go Folic! Women's Nutrition Project Website**

- Home page:  
[www.gofolic.org](http://www.gofolic.org)
- Press Section:  
<http://www.gofolic.org/press/index.html>
- Basic facts for women not contemplating pregnancy:  
<http://www.gofolic.org/facts/index.html>
- Basic facts for women contemplating pregnancy:  
<http://www.gofolic.org/facts/index.html#pregnancy>
- Information on contests, including entry guidelines and award winners:  
<http://www.gofolic.org/contests/index.html>
- Information on the Go Folic! Vitamin Distribution Program:  
<http://www.gofolic.org/free.html>
- Information, including training modules, for health staff:  
<http://www.gofolic.org/pros/index.html>
- The Food and Drug Administration's List of Folate-Rich foods:  
<http://www.gofolic.org/facts/folatefoods.html>
- Cereals that contain the RDA for folic acid:  
<http://www.gofolic.org/images/CerealsGraphic.jpg>
- Additional resources (including a parent information sheet, client handout, folate-rich recipes, and CDC Spanish-language materials):  
<http://www.gofolic.org/links.html>
- Information in Spanish:  
<http://www.gofolic.org/espanol.html>
- Information in Chinese:  
<http://www.gofolic.org/chinese.html>

### **GO Folic! on Twitter:**

<http://www.Twitter.com/gofolic>

### **Go Folic! on MySpace:**

<http://www.myspace.com/gofolic>

### **Go Folic! on Facebook:**

<http://www.facebook.com/gofolic>