

## TAKE FOLIC ACID!

Folic acid is important to all women, pregnant or not. One half of all pregnancies are unplanned, so all women need folic acid!

### What is folic acid?

It is a B vitamin that can be found in most multivitamin pills, enriched breads and cereals, and many foods.



### What are the benefits of folic acid?

- May help save your baby from birth defects of the brain and spine.
- May protect you from heart disease, stroke, and colon and cervical cancer.



When a woman gets at least 400 mg of folic acid daily, the risk of certain birth defects is reduced by more than 50%.

## HOW CAN FOLIC ACID AFFECT PREGNANCY?

Lack of folic acid before pregnancy and early in pregnancy lead to the birth defects Spina Bifida and Anencephaly.

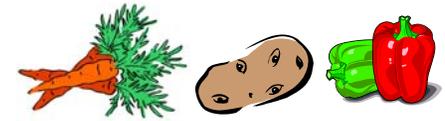
- Spina Bifida occurs when the baby's neural tube, which contains the spinal cord, does not grow properly. These children have difficulty walking, have bowel and bladder control problems, and some experience paralysis.
- Children born with Anencephaly are born with most of their brain and skull underdeveloped; this defect is always fatal.

## WHERE CAN I FIND FOLIC ACID?

- Enriched breads and cereals
- Dark green leafy vegetables
- Lettuce
- Lima beans
- Cauliflower
- Liver
- Lean meats
- Eggs
- Multivitamins
- Orange Juice



1,000 copies were printed at a cost of \$.10 per copy by the SD Dept of Health through support from Title X Family Planning Grant



# Nutrition And Birth Control



For more information contact the  
SD Department of Health:  
1-800-305-3064

## Birth Control Nutrition Information

### Tips for all women to keep healthy while using birth control...

- Eat a balanced diet, consisting of a variety of foods in proper serving sizes.
- Exercise regularly, 3-5 or more times a week for at least 30 minutes each time.



### Depo-Provera®:

- Associated with weight changes.
- Associated with loss of bone mineral density which is greater the longer Depo-Provera® is used. Women using Depo-Provera® should increase calcium intake.

### Where can I find calcium?

- Dairy Foods - Milk, yogurt, cheese, and other milk products, some soybean milk and tofu.
- Vegetables and Fruits - Kale, cabbage, collards and turnip greens, legumes, nuts, beans, dried fruits, and broccoli.
- Calcium supplement: At least 500 mg taken at two different times each day.

**Hint:** To keep your bones strong, avoid caffeine, alcohol, and DO NOT SMOKE OR USE OTHER TOBACCO PRODUCTS



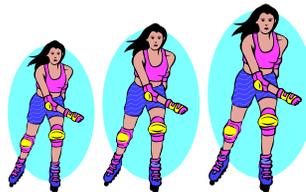
### Intra-Uterine Devices:

- Some women experience increased blood loss during menstruation.
- Increased blood loss leads to a decrease of iron. It is important for women using an IUD to increase daily iron intake.



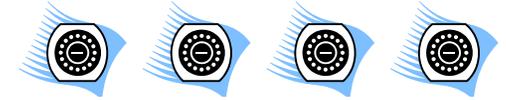
### Where can I find iron?

- Grains - Whole wheat bread, enriched breads, and fortified cereals.
- Vegetables and Fruits - Leafy greens, and legumes.
- Meats and Proteins - Red meats, poultry, dried beans, and peas, and seafood. Liver and organ meats are high in iron but are not recommended if you are pregnant or trying to become pregnant



**Hint:**  
Vitamin C  
helps iron  
be absorbed.

## Birth Control Pills:



- May cause weight gain (3-6) pounds, fluid retention, nausea, and vomiting.
- Women using the "pill" may want to increase vitamin B-6 and folic acid intake.

### Where can I find Vitamin B-6?

- Grains - Unpolished rice, whole wheat, and corn meal.
- Vegetables and Fruits - Potatoes, spinach, bananas, and raisins.



- Meats and Proteins - Beef, chicken, lamb, pork, ham, herring, peanuts, walnuts, and tuna. Calf liver is high in Vitamin B-6 but is not recommended if you are pregnant or trying to become pregnant

