

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Folic Acid Pregnancy Requirement

By Stephen White

Folic Acid is available as a supplement as well as in fresh vegetables. About 4mg is the recommended daily dosage for pregnant women as soon as she has had the pregnancy confirmed by a doctor.

Folic acid is very important for all women who may become pregnant. Adequate folate intake during the periconceptional period, the time just before and just after a woman becomes pregnant, helps protect against a number of congenital malformations including neural tube defects. Neural tube defects result in malformations of the spine (spina bifida), skull, and brain (anencephaly). The risk of neural tube defects is significantly reduced when supplemental folic acid is consumed in addition to a healthy diet prior to and during the first month following conception. Women who could become pregnant are advised to eat foods fortified with folic acid or take supplements in addition to eating folate-rich foods to reduce the risk of some serious birth defects. Taking 400 micrograms of synthetic folic acid daily from fortified foods and/or supplements has been suggested. The Recommended Dietary Allowance (RDA) for folate equivalents for pregnant women is 600 micrograms.

1. Why Is Folic Acid Important?

The importance is quite real because folic acid has been directly linked to reducing the risk of a baby being born with a brain or spine defect. It is because of the way that cells grow and divide, however, that this treatment is only necessary during the first few weeks of development for the baby.

2. Avoid Health Problems

As was mentioned earlier, it is possible to eat vegetables to obtain your recommended dosage of folic acid, but determining exactly how much you intake by consuming vegetables is neither easy nor at all fun to try and calculate. It is therefore highly recommended that you put your trust in vitamin supplements (pills). For many products, especially multivitamins, folic acid may already be a part of them and you will not need to check the dosage whatsoever.

3. Foods Rich In Folic Acid Include –

The Folic Acid Pregnancy Requirement

– Spring cabbage – Asparagus – Broccoli – Wheat germ – Lentils – Fruit juice – Orange – Liver – Bread products – Peanuts – Sunflower seeds

For more great pregnancy related articles and resources check out

<http://top-pregnancy.info>

Not Enough Women Getting Folic Acid

By News Canada

(NC)—While most women have heard about folic acid, less than half know it's of benefit to women of childbearing age, according to the Folic Acid Alliance of Ontario. In addition, many women don't know whether they need to take folic acid, and if they do, how much they need or what are its sources.

(NC)—While most women have heard about folic acid, less than half know it's of benefit to women of childbearing age, according to the Folic Acid Alliance of Ontario. In addition, many women don't know whether they need to take folic acid, and if they do, how much they need or what are its sources.

Folic acid, the synthetic form of folate, is a B vitamin that contributes to the healthy development of babies. In Canada, it is estimated that four out of every 1,000 children born have a neural tube defect. These are birth defects that affect the brain and spinal cord. They occur shortly after conception, often before a woman knows she's pregnant. The most common defect is spina bifida, which results in the spine not forming completely early in the pregnancy.

Studies show that women who eat a diet rich in folate or foods fortified with folic acid and who take a multivitamin containing at least 0.4 mg of folic acid before pregnancy can reduce the risk of neural tube defects by up to 70 per cent.

It's recommended that women take folic acid at least three months before they get pregnant and throughout the first trimester of their pregnancy. Since not all pregnancies are planned, all women of childbearing age who are sexually active should try to eat foods rich in folic acid, like dark green leafy vegetables, bananas, nuts, and asparagus, as well as foods fortified with folic acid, such as certain breads, rice, and pasta.

Since it is challenging to get folic acid through diet alone, women should also consider taking a daily multivitamin containing a minimum of 0.4 mg folic acid, like Centrum Forte®. For more information on vitamin and mineral supplementation, visit

www.centrumvitamins.ca

.

– News Canada

The Folic Acid Pregnancy Requirement

News Canada

provides a wide selection of current, ready-to-use copyright free news stories and ideas for Television, Print, Radio, and the Web.

News Canada

is a niche service in public relations, offering access to print, radio, television, and now

the Internet media, with ready-to-use, editorial "fill" items. Monitoring and analysis are two more of our primary services. The service supplies access to the national media for marketers in the private, the public, and the not-for-profit sectors. Your corporate and product news, consumer tips and information

are packaged in a variety of ready-to-use formats and are made available to every Canadian media organization including weekly and daily newspapers, cable and commercial television stations, radio stations, as well as the Web sites Canadians visit most often. Visit

News Canada

and learn more about

the NC services.

Not Enough Women Getting Folic Acid
Prevent Birth Defects With B Vitamin Folic Acid
Folic Acid Necessary For Preventing Neural Tube Defects
Folic Acid – It's Never Too Early
Prenatal Vitamins

TargetedVisitor
Web Audio Plus Software
Direct2Client
Sen Ze's Mini Encyclopedia of Internet



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!