Let’s Talk About Folate:

Folate is a B vitamin, and the man-made form of it is called folic acid. According to the Dietary Guidelines for Americans, “many women capable of becoming pregnant still do not meet the recommended intake for folic acid.”

Folate and folic acid help prevent neural tube defects, contributing significantly to the health of a baby during the early stages of pregnancy. Neural tube defects develop during the first month of pregnancy, which is why folate is so important for all women who are capable of becoming pregnant. The Dietary Guidelines for Americans recommend that women in this group consume 400 mcg of folic acid daily, while pregnant women should get 600 mcg of folate each day.