



FOLIC ACID

葉酸



CONTACT NEMS 聯絡東北: (415) 391-9686 (650) 550-3923 (408) 573-9686 WWW.NEMS.ORG

WHAT IS FOLIC ACID?

Folic acid is also known as Folate or folacin. It is a B vitamin. Our bodies need folic acid to make new cells daily.

WHY IS FOLIC ACID SO IMPORTANT?

Folic Acid is very important because it can help prevent major birth defects of the baby's brain and spine.

HOW MUCH FOLIC ACID DO I NEED?

For women over 14	Recommendation
Before pregnancy	400mcg
During pregnancy	600mcg
Breastfeeding	500mcg

WHEN SHOULD I START TAKING FOLIC ACID?

In order for folic acid to help prevent major birth defects, a woman needs to start taking it at least one month before she becomes pregnant and while she is pregnant.

HOW CAN I GET ENOUGH FOLIC ACID?

There are three easy ways to be sure to get enough folic acid each day:

1. Eat a few servings of high folic acid foods, such as the foods on the right table.
2. Eat a bowl of cereal that has 100% of the daily value of folic acid.
3. Take a vitamin that has folic acid in it. Check the label to be sure it has 100% of the daily value (DV) of folic acid (400mcg). Many vitamin supplements have folic acid. Taking multiple folic acid supplements (over 1000mcg per day) may lead to other health problems.

Supplement Facts		
	Amount Per Serving	% Daily Value
Folic Acid	400 mcg	100%
Vitamin B12	6 mcg	100%
Pantothenic Acid	5 mg	50%
Calcium	450 mg	45%
Iron	18 mg	100%

Food	Folic Acid (mcg)
Lentils, cooked (1 cup)	358
Asparagus, cooked (1 cup)	268
Spinach, cooked (1 cup)	262
Black beans, cooked (1 cup)	256
Black eyed peas, cooked (1 cup)	210
Broccoli, cooked (1 cup)	168
Beets, raw (1 cup)	148
Mango (1 fruit)	144
Pomegranate (1 fruit)	107
Mustard cabbage, cooked (1 cup)	92
Chinese broccoli, cooked (1 cup)	87
Bok Choy, cooked (1 cup)	70
Romaine lettuce, raw (1 cup)	64
Cauliflower, cooked (1 cup)	55
Papaya, raw (1 cup)	54
Napa Cabbage, Cooked (1 cup)	47
Oranges (1 medium fruit)	39
Celery, cooked (1 cup)	33

Sources:

- Centers for Disease Control and Prevention
- U.S. Department of Agriculture Nutrient Database for Standard Reference



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Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

Chinese 注意：如果您使用中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

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甚麼是葉酸?

葉酸是一種 B 族維生素。我們的身體每一天都需要葉酸來製造新的細胞。

為甚麼葉酸這麼重要?

葉酸對我們十分重要，因為它可以幫助預防嬰兒腦部和脊椎的主要出生缺陷。

我需要多少葉酸?

14 歲以上的女性	建議攝取量
懷孕前	400 微克
懷孕期	600 微克
哺乳期	500 微克

我應該在甚麼時候補充葉酸?

要讓葉酸起到幫助預防嬰兒主要先天性缺陷的作用，女性應該在她懷孕前至少一個月開始補充葉酸，並在懷孕期間繼續補充葉酸。

我如何能夠得到足夠的葉酸?

有三個簡單的辦法可以幫助您每天補充足夠的葉酸：

1. 每天吃幾份葉酸含量高的食物，例如在右表格中的食物。
2. 每天吃一碗五穀片含有百分之百每日建議攝取量的葉酸。
3. 每天吃一顆含葉酸的維他命補充片。檢查營養標籤確定它是否含有百分之百每日建議攝取量的葉酸，即 400 微克。然而，很多維生素補充品中都含有葉酸。進食過多葉酸（每天超過 1000 微克）可能會引發其它健康問題。

Supplement Facts		
葉酸	Amount Per Serving	% Daily Value
Folic Acid	400 mcg	100%
Vitamin B12	6 mcg	100%
Pantothenic Acid	5 mg	50%
Calcium	450 mg	45%
Iron	18 mg	100%

食物	葉酸含量(微克)
煮熟的小扁豆 (一杯)	358
煮熟的蘆筍 (一杯)	268
煮熟的菠菜 (一杯)	262
煮熟的黑豆 (一杯)	256
煮熟的眉豆 (一杯)	210
煮熟的西蘭花 (一杯)	168
生的甜菜 (一杯)	148
芒果 (一個)	144
石榴 (一個)	107
煮熟的芥菜 (一杯)	92
煮熟的芥蘭 (一杯)	87
煮熟的白菜 (一杯)	70
生的西生菜 (一杯)	64
煮熟的菜花 (一杯)	55
木瓜 (一杯)	54
煮熟的椰菜 (一杯)	47
橙(一個中等大小)	39
煮熟的西芹 (一杯)	33

資料來源：

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