SOME COMMON FOODS (MICROGRAMS)

Corn Flakes or Rice Krispies+ I bowl of Kellogg's Special K,



100

100

9g of Bovril

1 helping of brussels sprouts

95

l bowl of other Kellogg's breakfast helping of spinach



80



50

l helping of green beans

1 orange



Serving of potatoes I helping of cauliflower



45

45



44

I helping of baked beans

4g of Marmite



40

35

Fortified bread per slice+

32

30

l pint milk

1 helping of peas



12

Unfortified bread per slice

+ Contains Folic acid. Not all bread and breakfast cereals are women who may conceive. Additional 400 micrograms Folic acid daily is recommended for

All Kellogg breakfast cereals (except for Kellogg's Country fortified with Folic acid. Check label to see which brands are Store) are fortified with Folic acid.

> of the spine, when one or more vertebrae fai pregnancy. It is a defect in the development SPINA BIFIDA occurs very early in to close properly, leaving a gap.

resulting in total or partial paralysis below the defect. More than 85% of people with spina The spinal cord and nerves can be damaged bifida also have hydrocephalus.

of cerebro-spinal fluid in the head. Excessive HYDROCEPHALUS is caused by an excess swelling can cause accelerated growth of a baby's head and damage to the brain.



ASSOCIATION FOR SPINA BIFIDA AND HYDROCEPHALUS

Registered Charity No: 249338

Every year some 200 babies are born in the UK severely disabled by spina bifida.

Today there are more than 15,000 people of all ages - who, with support, can live fulfilled lives.

sponsor medical and educational research. ASBAH exists to give that support and to

All our funds come from voluntary donations

and we would welcome any contribution you would like to make.

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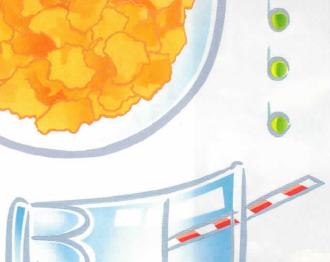


PRINTED 1995









OVER HALF OF ALL PREGNANCIES ARE UNPLANNED.

So even if you do not intend to become pregnant, this information may still apply to you.

Recent scientific findings show that some serious birth defects can be prevented by making sure your diet contains enough of the vitamin, Folicacid, before conception.

These birth defects are known as Neural Tube Defects (NTD).

cooking. Fresh green

A NOTE ON

COOKING

Folates can be lost in

regetables should be cooked for a short time

The Department of Health now recommends that all women of child-bearing age need considerably more Folic acid in their diet. You can get Folic acid from eating fortified foods, such as many breakfast cereals and certain breads.

only, in as little water
as possible. Better still,
cook your vegetables in
a microwave or steamer,

or stir fry them.



WHAT ARE NEURAL TUBE DEFECTS?

The neural tube forms the unborn baby's spine. Defects occur during the very earliest stages of pregnancy, even before your pregnancy has been confirmed. Neural Tube Defects can lead to lifelong disabilities - in particular Spina Bifida.

FACTS ABOUT NEURAL TUBE DEFECTS

1 in every 3,000 newborns have NTD.

NTD occurs very early in pregnancy.

95% of affected babies are born to mothers who have not previously given birth to an NTD baby. This means that all women are at risk.

Diets with sufficient folic acid and folates can significantly reduce the risk of having an NTD baby.

You need to get enough folic acid and foliates from your food before conception and in the first few weeks of pregnancy.

All women of childbearing age should eat diets with enough folic acid and folates every day, whether they are planning a pregnancy or not.

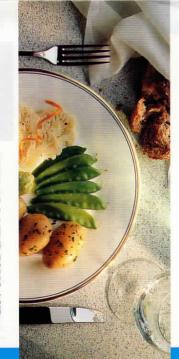
You can take folic acid as a vitamin tablet.

FOLIC ACID AND FOLATES - WHAT ARE THEY?

They are a part of the group of vitamins called the "B complex" - vitamins that everybody needs, regardless of age or sex. They are essential for the formation and healthy growth of cells in the body. However, Folic acid and Folates are especially important for women who could possibly conceive, or who are planning a pregnancy.

of Folic acid

for a much higher intake



WHERE DO I FIND FOLIC ACID AND FOLATES?

Most women get about 200 micrograms of Folic acid and Folates daily in their diets. The Department of Health now recommends that women eat an additional 400 micrograms (*) of Folic acid daily.

You can do this by eating more foods fortified with Folic acid. Fortified breakfast cereals are a rich source. Some breads are also fortified. Remember, it is always important to check the label to see which particular brands of these foods actually do contain Folic acid.

Folates occur in dark green leafy vegetables, such as broccoli, sprouts and spinach. They are also found in other foods, such as peas, potatoes, oranges, Marmite and Bovril.

a baby affected by NTD it is essential to consult

* If you have already had

your doctor. It may be wise to have a prescription

A further way of increasing your intake of *Folic acid* to the recommended daily amount is by tablet/capsule.

