
Folic acid & Pregnancy

Posted by Squirrelletta - 2008/04/20 05:54

I'm curious, is there something I can EAT for Folic acid rather than taking a prenatal vitamin?

What are some plants that I can throw in the green smoothies?

Thank you!

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Re:Folic acid & Pregnancy

Posted by karennd - 2008/04/21 10:36

It looks like dark green leafy vegetables and citrus are good sources of folic acid.

<http://www.nlm.nih.gov/medlineplus/ency/article/002408.htm>

Hope that helps!

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