

## WHO MAY NEED EVEN MORE NUTRIENTS?

# vitaMin

Vital health information in a minute!

### Women of Childbearing Age - Folic Acid

Women who may become pregnant need 400 mcg of folic acid every day from supplements or foods. It helps protect against neural-tube defects (and possibly cleft lip and/or palate) during the early days of pregnancy.

#### Fortified foods include:

- 1 ounce ready-to-eat breakfast cereals: 100-400 micrograms folic acid
- 1 cup cooked enriched spaghetti: 80 micrograms folic acid
- 2 slices enriched bread: 34 micrograms folic acid

#### Folate-rich foods include:

- 1 cup cooked lentils: 358 micrograms folic acid
- 1 cup cooked broccoli: 168 micrograms folic acid
- 1 cup orange juice: 110 micrograms folic acid

### Older adults, people with dark skin, and those who avoid the sun, may lack vitamin D

Age decreases the body's ability to make vitamin D, so older people, or those who have dark skin or avoid the sun, may become deficient – at the same time as their needs increase. After age 51, you need 400 international units (IU) a day. You need 600 IU daily after age 70.

Most foods are poor natural sources of vitamin D. Experts recommend consuming vitamin D from fortified foods, including milk and breakfast cereals, and from supplements. You may need a mixture of both to get the vitamin D your body requires.

