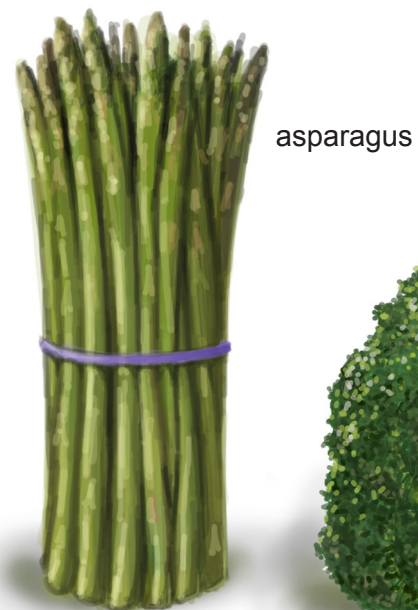
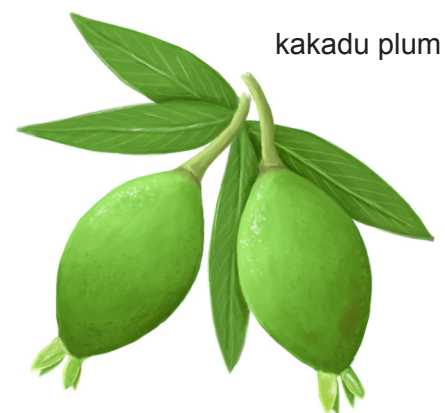
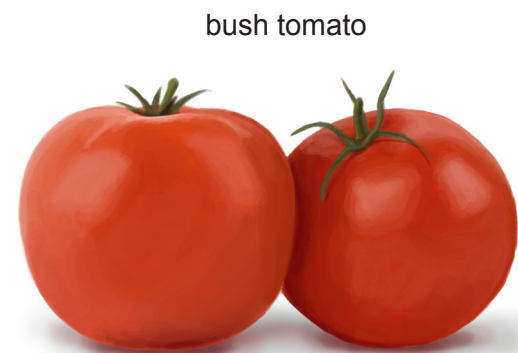
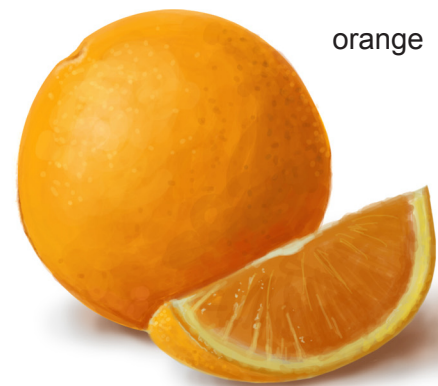


FOLATE

Women can help prevent neural tube defects by having enough folate in their diet.

- Women need to have extra folate before they even get pregnant as neural tube problems happen in the few first weeks of pregnancy.
- It's hard to get enough folate needed for pregnancy from food alone, so folic acid vitamin tablets should also be taken.
- Folate can be found in bread, cereal, green leafy vegetables and other fresh food like oranges and tomatoes.



If a woman thinks she could get pregnant she should take folic acid vitamin tablets (available from the health centre or supermarket) because folate helps the baby's brain and spinal cord develop normally and helps prevent neural tube defects.