



Folic acid IQ quiz with answers

1. The best way to get enough folic acid to help protect your baby from birth defects of the brain and spinal cord is:

Take a multivitamin with 400 micrograms of folic acid every day.

2. When should you begin taking folic acid?

You should begin taking folic acid before you start trying to get pregnant.

3. You're trying to get more folic acid in your diet. Which of the following foods is your best choice?

Fortified breakfast cereal is your best choice to get more folic acid in your diet.

4. You're thirsty and you have a choice of the following beverages. Which is the best choice if you're trying to increase your intake of folic acid?

Orange juice is the best choice of beverage if you're trying to increase your intake of folic acid.