



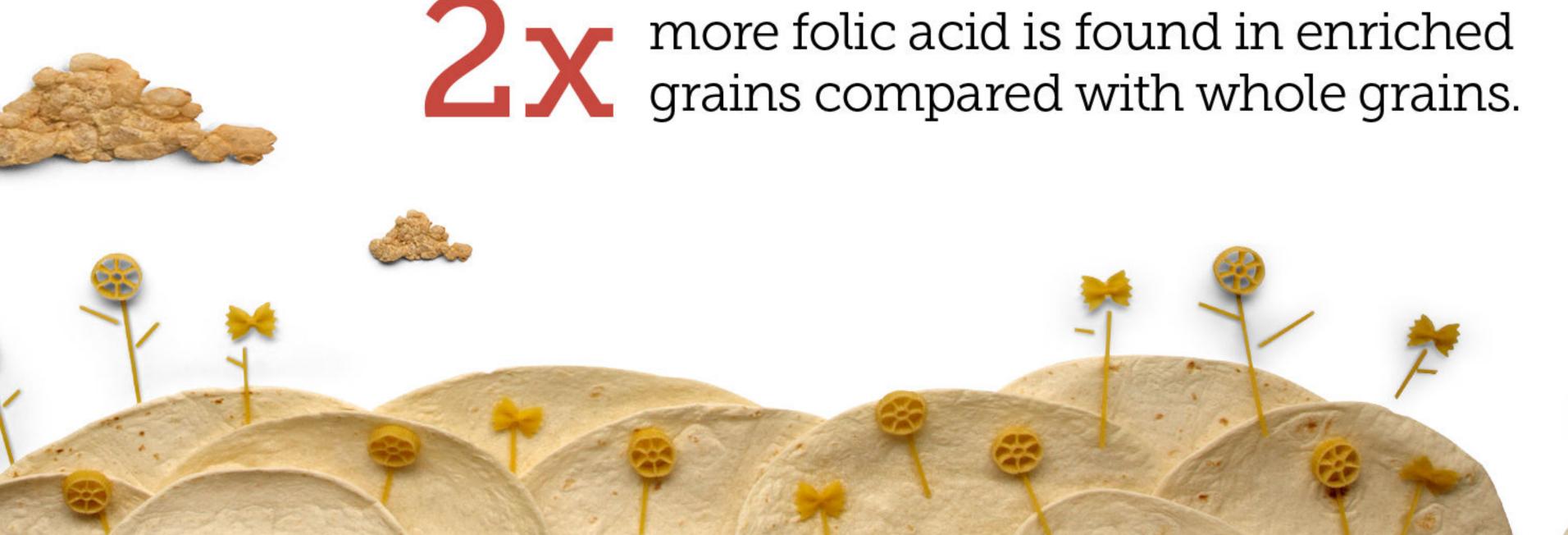
tarting in the 1960s,

scientists began studying a link between folic acid-rich foods and lowered risk of neural tube defects (NTDs).¹

In 1998, this research led to FDA-mandated fortification of enriched grain foods with folic acid to help reduce NTDs.²

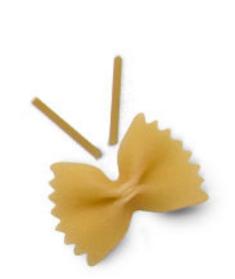
One Small Change

Fortification (adding folic acid during milling) turns staples like **bread**, **rice**, **cereal and pasta** into baby protection.



How It Works

NTDs form during the **first three weeks** of pregnancy, but folic acid in enriched grains helps prevent them from the time of conception.



What It Means for You

Expectant mothers, **even those who don't know it yet,** can help protect their babies by simply eating the foods they love.

Here's What Happened

The effects were immediate. After just five years, the prevalence of NTDs had been reduced by **36 percent.**³



After seven years, the downward trend remained as strong as ever.

 1998
 10.8

 2005
 6.9

Instances of NTDs per 10,000 births



According to the Centers for Disease Control, women's consumption of enriched grain foods, not prenatal supplements, is responsible for this significant decline.⁴



¹ Crider, Krista S., Lynn B. Bailey, and Robert J. Berry. "Folic Acid Food Fortification—Its History, Effect, Concerns, and Future Directions." National Center for Biotechnology Information. U.S. National Library of Medicine, 15 Mar. 2011. Web. 08 Dec. 2013. "Spina Bifida and Anencephaly Before and After Folic Acid Mandate --- United States, 1995-1996 and 1999-2000." Centers for Disease Control and Prevention, 7 May 2004. Web. 11 Dec. 2013. Additional Opportunities to Prevent Neural Tube Defects with Folic Acid Fortification. Rep. Centers for Disease Control and Prevention, 13 Aug. 2010. Web. 08 Dec. 2013.





⁴ Grosse, Scott D., PhD, Norman J. Waitzman, PhD, Patrick S. Romano, MD, MPH, and Joseph Mulinare, MD, MPH. "Reevaluating the Benefits of Folic Acid Fortification in the United States: Economic ⁵Centers for Disease Control and Prevention. Ten great public health achievements – United States, 2001-2010. MMWR. 2011; 60: 619-623. Analysis, Regulation, and Public Health." American Journal of Public Health 95.11 (2005): 1917-922. Institutes of Health, Nov. 2005. U.S. National Library of Medicine. National Web. 08 Dec. 2013.