

Did you know

that in an average day in the U.S....

10,799 babies are born • 411 babies are born with a birth defect

17 babies die as the result of a birth defect, the leading cause of infant mortality



The Good News

is that there are some things that you can do to help...

- ✓ Take 400 mcg of folic acid, a B-vitamin, every day before and during pregnancy to help prevent some serious birth defects.
- ✓ Eat folate-rich fruits and vegetables such as oranges, asparagus, spinach, broccoli, and peas.
- ✓ Consume grains fortified with folic acid such as some breads, noodles, cereals, cornmeal and rice.
- ✓ Avoid alcohol, tobacco, and street drugs when pregnant.
- ✓ Discuss diet, exercise and medication use with your health care provider before and during pregnancy.

For more information call toll free at 866-274-4237

www.public-health.uiowa.edu/birthdefects



Iowa
Birth Defects
Registry

Committed to the Prevention of Birth Defects