



Fueling potential:

How Your Corn Masa Products Can Help Prevent Birth Defects Through Folic Acid

Folic acid (vitamin B9) can help prevent up to 70% of neural tube defects (NTDs) which are severe birth defects of the brain and spine.

Enriched cereal grain products in the US have been required to include folic acid since 1998, preventing over 1300 NTDs each year.



Unfortunately, only around 6% of corn masa is fortified, so individuals who eat masa instead of enriched wheat products are not getting the same protection from NTDs.

Fortifying corn masa products such as masa flour and tortillas can help provide this important vitamin to women on a regular basis and prevent birth defects.

More info: www.ffinetwork.org

