

FORTIFIED CORN MASA



Food Fortification Initiative

Enhancing Grains for Healthier Lives

Preventing birth defects with folic acid

Folic acid (vitamin B9) plays an important role in preventing birth defects of the brain and spine. Everyone capable of becoming pregnant should get 400 micrograms of folic acid daily.

Eating folic acid fortified foods and taking supplements are two ways of consuming more vitamin B9.

WHAT YOU CAN DO

- Fortify/sell/eat masa products that contain folic acid
- Encourage those trying to get pregnant to eat fortified foods or take supplements
- Discuss this topic with community members, including product manufacturers



More info:



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