

Fueling Potential:

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

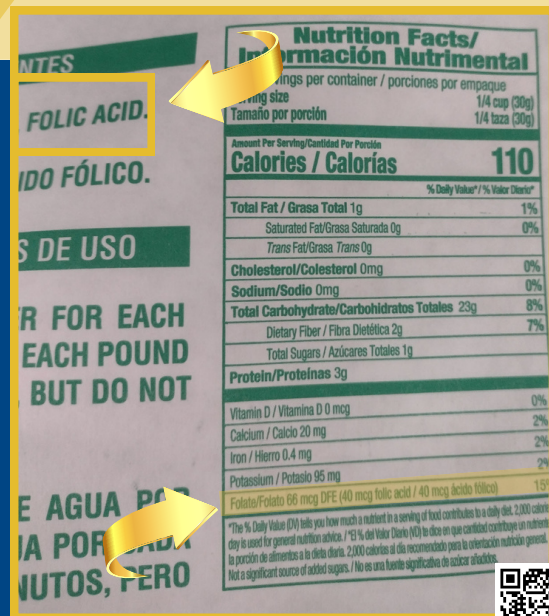
Folic acid (vitamin B9) can help prevent up to 70% of neural tube defects (NTDs) which are severe birth defects of the brain and spine.

Enriched cereal grain products in the US have been required to include folic acid since 1998, preventing over 1,300 NTDs each year.

Using fortified corn masa flour to make your products can help provide this important vitamin to women on a regular basis and prevent birth defects.

What you can do

- ✓ Use folic acid fortified corn masa flour to make your products.
- ✓ Look for bulk bags with folic acid in the ingredient list or on the nutrition label.



Nutrition Facts/ Información Nutricional	
Servings per container / porciones por empaque 1/4 cup (30g) 1/4 taza (30g)	
Amount Per Serving/Cantidad Por Porción	
Calories / Calorías	110
% Daily Value* / % Valor Diario*	
Total Fat / Grasa Total 1g	1%
Saturated Fat/Grasa Saturada 0g	0%
Trans Fat/Grasa Trans 0g	0%
Cholesterol/Colesterol 0mg	0%
Sodium/Sodio 0mg	0%
Total Carbohydrate/Carbohidratos Totales 23g	8%
Dietary Fiber / Fibra Dietética 2g	7%
Total Sugars / Azúcares Totales 1g	2%
Protein/Proteínas 3g	6%
Vitamin D / Vitamina D 0 mcg	0%
Calcium / Calcio 20 mg	2%
Iron / Hierro 0.4 mg	2%
Potassium / Potasio 95 mg	2%
Folate/Folato 66 mcg DFE (40 mcg folic acid / 40 mcg ácido fólico)	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. *El % del Valor Diario (VD) te dice en qué cantidad contribuye un nutriente a la dieta diaria. 2,000 calorías al día se recomiendan para la orientación nutricional general. *Not a significant source of added sugars. / No es una fuente significativa de azúcares añadidos.



Food Fortification Initiative
Enhancing Grains for Healthier Lives

More info: www.ffinetwork.org

