

Birth Defects of the Brain and Spine & the Importance of Folic Acid

Protect your loved ones and choose folic acid-fortified corn masa products



Supporting Healthier Communities



What are neural tube birth defects?

Neural tube defects (NTDs) are severe birth defects of the brain and spine, such as spina bifida and anencephaly, which can result in severe disability, miscarriage, or infant death.



What is folic acid (vitamin B9)?

Folic acid is a manmade form of vitamin B9, which is necessary for cell growth and neural development. Folic acid is included in all enriched cereal grain products such as fortified wheat flour.



How can folic acid help prevent NTDs?

Getting enough folic acid before and during the first 28 days of pregnancy can prevent up to 70% of neural tube defects.² CDC recommends that everyone capable of becoming pregnant get 400 mcg of folic acid daily.



Does everyone need folic acid?

The CDC states that everyone needs folate (vitamin B9) daily to make new cells. Folate is especially important for healthy development and growth during pregnancy.²



Who is most affected?

Hispanic/Latina women are 19% more likely to have a child born with an NTD than non-Hispanic White and Black women.³



Why fortify corn masa products?

Adding vitamins and minerals to foods is called fortification. Fortifying foods helps people meet their daily vitamin needs, and is proven to help prevent NTDs.

References:

- (1) Prevention of neural tube defects: results of the Medical Research Council Vitamin Study, (1991).
(2) CDC. [Micronutrient Facts](#). (2024) (3) [Stallings et al.](#) (2024).

How to find fortified foods:

Read Labels

- Check both the ingredient list and nutrition facts for folic acid/ácido fólico.

Nutrition Facts/ Información Nutricional	
60 servings per container / porciones por empaque	
Serving size	1/4 cup (30g)
Tamaño por porción	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	
Polyunsaturated Fat/Grasa Poliinsaturada 1g	
Monounsaturated Fat/Grasa Monoinsaturada 0g	
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	
Protein/Proteínas 2g	
Vitamin D / Vitamina D 0 mcg	0%
Calcium / Calcio 10 mg	0%
Iron / Hierro 0.4 mg	2%
Potassium / Potasio 95 mg	2%
Folate/Folate 66mcg DFE (40 mcg folic acid / 40 mcg ácido fólico)	15%

INGREDIENTS / INGREDIENTES:

Corn treated with hydrated lime, folic acid.
Maíz tratado con cal hidratada, ácido fólico.

More info:



Contact us:



info@ffinetwork.org



<https://www.ffinetwork.org>