

## Mayo Clinic Minute

### Does Folic Acid Prevent Obesity?

Video	Audio
<b>Vivien Williams</b>	Folic acid, a mineral found in leafy greens, is important for pregnant women and their unborn babies.
<b>Alva Roche Green, M.D.</b> <b>Family medicine</b> <b>Mayo Clinic</b>	“We know that if there is inadequate folic acid in your diet, you can have an increased risk of a neural tube defect, or spina bifida.”
<b>Vivien Williams</b>	A study funded by the National Institutes of Health reveals another reason pregnant women should take folic acid: Those with low folic acid levels ...
<b>Alva Roche Green, M.D.</b>	“Had a 45 percent increased risk of having a baby that developed obesity later in life, compared to the other 75 percent of the women.”
<b>Vivien Williams</b> <b>FDA recommendations</b> <b>Folic Acid</b> <ul style="list-style-type: none"><li>• <b>1,000 micrograms (or 1 milligram) per day</b></li></ul>	And, women who had low folic acid levels and were also obese had an even greater risk of having an obese child. The bottom line? Researchers continue to learn more about how nutrition in pregnancy impacts babies. The FDA recommends pregnant women get 1,000 micrograms of folic acid every day. For the Mayo Clinic News Network, I'm Vivien Williams.