

IMPACT OF FOLIC ACID FORTIFICATION IN THE U.S.



Folic acid has been added to foods labeled as “enriched,” such as breads, pastas, rice and cereals.

Adding folic acid to foods is called folic acid fortification.

Folic acid in foods helps prevent about

1,300
neural tube defects
annually in the U.S.



Folic acid fortification of enriched cereal grain products in the U.S. saves more than

\$600 million each year.



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www.cdc.gov/folicacid