

The Dallas Morning News

DallasNews.com

Oct. 22, 2008

dallasnews.com
The Dallas Morning News

Advertisement



Midwest Airlines
APPL

Home Search Blog Keywords Search WEB SEARCH by YAHOO!

Local/News Sports Weather Traffic Business Entertainment Life/Travel Opinion Photos/Video

FITNESS

Everything you need to be stronger, happier, healthier.

Columnists Blogs Shopping News Food Travel Style/Fashion Weddings Pets Home/Gardening Health Gas Prices

Newsletter sign-up: Healthy Living Healthy Recipe database

October 2008

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

>> Previous entries

Recent Posts

- >> Today is Wednesday, which means...free bellydance lessons at Al Amir!
- >> Five best foods to prevent spina bifida
- >> Dallas Bike Works hosts free Friday night rides around White Rock Lake
- >> Family fun run in Plano on Saturday: Good for your kids and others
- >> Dallas-area kids try triathlons with triple success
- >> The secret to playing your best, racing your fastest? RELAX

<< Dallas Bike Works hosts free Friday night rides around White Rock Lake | Main | Today is Wednesday, which means...free bellydance lessons at Al Amir! >>

Five best foods to prevent spina bifida

6:00 AM Wed, Oct 22, 2008 | Permalink |  Yahoo! Buzz

Nancy Churnin  E-mail  News tips

Eating right is one the best ways expectant mothers can give their babies a healthy start. And experts from the Spina Bifida Association urge that ALL women of childbearing age get enough folic acid, because the only proven method for preventing 70 percent of these birth defects is to take a daily dose of 400 micrograms of folic acid BEFORE pregnancy.

Here are the top five things you should be taking and eating to prevent this birth defect, which currently affects eight births daily and an estimated 70,000 to 130,000 people in the U.S.:

1. A daily multivitamin with folic acid
2. Green leafy vegetables
3. Bananas or peaches
4. Almonds and other nuts
5. Foods with fortified flour, such as cereals, breads and pastas

<http://fitnessblog.dallasnews.com/archives/2008/10/five-best-foods-to-prevent-spi.html>

arment dietrich 