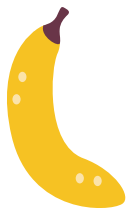


Folat ak Asid Folik

Fwi

- ☐ Zaboka
- ☐ Fig mi
- ☐ Chadèk
- ☐ Sitwon
- ☐ Sitwon vèt
- ☐ Zoranj
- ☐ Papay



Legim

- ☐ Aspèj
- ☐ Bwokoli
- ☐ Bètrav
- ☐ Chou briksèl
- ☐ Legim vèt ki gen fèy fonsè

Pwoteyin

- ☐ Ze
- ☐ Fwa
- ☐ Pwa
- ☐ Lantiy
- ☐ Peti pwa



Nwa ak Grenn

- ☐ Grenn len (Flax seeds)
- ☐ Grenn tounsòl (Sunflower)
- ☐ Pistach
- ☐ Nwazèt
- ☐ Grenn antye



Grenn

- ☐ Sereyal pou dejne
- ☐ Pen
- ☐ Farin mayi
- ☐ Farin mayi ak farin ble
- ☐ Pasta
- ☐ Diri



Asid folik pou yon tibebe ki an sante
Rejis sou Malformasyon ak Pwoblèm Konjenital nan Indiana



Indiana
Department
of
Health