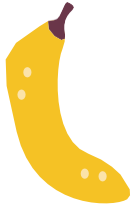


Hman peng mi innchungkhar tirawl pawl ah a tel mi Folate le Folic Acid

Thingthai pawl

- ☐ Thawpat
- ☐ Banhla
- ☐ Serthlum
- ☐ ser
- ☐ Raite
- ☐ theithu
- ☐ sangphaw



a mu ei mi thingthai pawl le a mu ei mi pawl

- ☐ Flax mu pawl
- ☐ Naycia mu pawl
- ☐ mipe pawl
- ☐ Hru pawl
- ☐ a mu ei mi paoh



Tisik Annhah pawl

- ☐ kanyunt (Asparagus)
- ☐ kawpi par a hring mi
- ☐ baa
- ☐ Kawpi hlum hme mi phun pawl
- ☐ Anak, a hnah in a um mi anhring

sadat

- ☐ ar/cawmpei/va ti pawl
- ☐ Sathin
- ☐ sawmpi pawl
- ☐ pee pawl
- ☐ sataw pee pawl



Thingthai mu pawl

- ☐ Zingka rawl (buh phun paoh)
- ☐ Changreu
- ☐ Fangvoi
- ☐ Fangvoi le changvut
- ☐ Itali khohsuai
- ☐ Facang



Folic acid for a healthy baby
Indiana Birth Defects and Problems Registry



Indiana
Department
of
Health

Theihdingmi: Na um nak hmun i um mi WIC mizaw zohkhenhnak hmun ei khawh a si mi eidin pawl kha theihnak ding ah peh tlai hna. Ei awk cung i ze pawl dah a tel ti mi an tial mi kha folic acid 100% a tel le tel lo chek!