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Help for healthy babies The [...]  
  
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Help for healthy babies The government's failure to follow 78 countries and add **folic acid** to flour has caused serious defects, including**spina bifida,** in about 150 babies a year, according to members of the scientific advisory committee on nutrition. Pregnant women are advised to take **folic acid** to reduce the risk of **neural tube defects,** but many do not take enough.