

**Table 2 Knowledge on folic acid among studied women**

<b>Knowledge question*</b>	<b>No. (%)</b>
<b><i>Sources of information on folic acid</i></b>	
Doctor	620 (62.0)
Newspaper	210 (21.0)
Nurse	121 (12.1)
Pharmacist	150 (15.0)
Family member	30 (3.0)
Television	118 (11.8)
<b><i>Effect of folic acid intake before and during pregnancy</i></b>	
Prevents birth defects	89 (8.9)
Good for body	77 (7.7)
Prevents anaemia	247 (24.7)
Good for bones	76 (7.6)
Helps growth and development	102 (10.2)
Good for pregnant women	71 (7.1)
Not sure	89 (8.9)
Pre-conception use	32 (3.2)
<b><i>Foods rich in folic acid</i></b>	
Green leafy vegetables	338 (33.8)
Fish	174 (17.4)
Fruits	250 (25.0)
Liver	206 (20.6)
Milk	372 (37.2)
Do not know	284 (28.4)
<b><i>Type of vitamin tablets taken</i></b>	
Folic acid	192 (19.2)
Iron	163 (16.3)
Multivitamins	134 (13.4)
Calcium	61 (6.1)
None	450 (45.0)

\*Multiple responses were permitted (percentages do not add to 100%).