

Tips from Abuela's Kitchen – Audio Description Transcript

A multi-generational family is working in the kitchen preparing food and then sits down to dinner together.

Narrator: There is something magical about cooking with abuela. Her hands move with years of love and skill. Each tortilla perfectly shaped, just like the lessons she's shared over the years. Today we're making tortillas together. But it's not just about food. It's about passing down wisdom from one generation to another.

Here we use corn masa flour, but abuela makes sure it's enriched with folic acid. She says it's like sprinkling a little extra love to our food, ensuring it's as nourishing as it is delicious. She always reminds me to take vitamins with folic acid, especially now as our family continues to grow.

Her advice, like her cooking, has never steered me wrong. It's not just about feeding the body, but nurturing life itself. Getting 400 micrograms of folic acid daily helps prevent serious birth defects of the brain and spine.

Abuela's wisdom is a gift, one that grows with each meal and each story shared around this table. It's a tradition I treasure, a reminder of how deeply we're connected through the food we make and the love we share.

So from abuela's kitchen to yours, let's make the choice to protect our little ones right from the start.

Start taking folic acid today!