

Food Sources of Vitamin B12

Information About Vitamin B12

- | You need vitamin B12 to form DNA, make healthy blood cells and keep nerves working properly.
- | Vitamin B12 is found only in animal foods and fortified foods. People who avoid all animal products should look for meat alternatives, such as soy products fortified with vitamin B12.
- | Ten to thirty percent of older people may not absorb vitamin B12 well. Health Canada advises adults over 50 years to consume foods fortified with vitamin B12 or a supplement containing vitamin B12.

How Much Vitamin B12 Should I Aim For?

<i>Age in years</i>	<i>Aim for an intake of micrograms (mcg)/day</i>	<i>Stay below</i>
Men and Women 19 and older	2.4	An upper limit for vitamin B12 has not been established.
Pregnant Women 19 and older	2.6	
Breastfeeding Women 19 and older	2.8	

Vitamin B12 Content of Some Common Foods

The best sources of vitamin B12 include: eggs, milk, cheese, milk products, meat, fish, shellfish and poultry. Some soy and rice beverages as well as soy-based meat substitutes are fortified with vitamin B12. To see if a product contains vitamin B12 check the Nutrition Facts on the food label. The following table shows you which foods are sources of vitamin B12.

<i>Food</i>	<i>Serving size</i>	<i>Vitamin B12 (mcg)</i>
<i>Vegetables and Fruit</i>	This food group contains very little of this nutrient.	
<i>Grains and Grain Products</i>	This food group contains very little of this nutrient.	
<i>Protein Foods</i>		
<i>Milk and Alternatives</i>		
<i>Milk</i>		
3.3% homo, 2%, 1%	250 mL (1 cup)	1.2-1.4
Skim	250 mL (1 cup)	1.3
Buttermilk	250 mL (1 cup)	1.0
Chocolate milk	250 mL (1 cup)	0.9
<i>Cheese</i>		
Swiss/emmental	50 g (1 ½ oz)	1.7
Cottage cheese	250 mL (1 cup)	1.1-1.5
Feta, gouda, edam, gruyere, brie, cheddar, fontina, mozzarella, provolone	50 g (1 ½ oz)	0.7-0.9
Processed cheese slices, cheddar	50 g (1 ½ oz)	0.4
<i>Yogurt</i>		
Plain (regular, low fat)	175 g (¾ cup)	0.5

<i>Food</i>	<i>Serving size</i>	<i>Vitamin B12 (mcg)</i>
Fruit bottom (regular, low fat)	175 g (¾ cup)	0.5-0.6
Greek yogurt (plain, regular, low fat)	175 g (¾ cup)	0.3-0.6
Greek yogurt (fruit bottom, regular, low fat)	175 g (¾ cup)	0.5
Yogurt beverage	200 mL	0.6
<i>Milk Alternatives</i>		
Soy beverage, fortified	250 mL (1 cup)	1.0
<i>Meat and Alternatives</i>		
<i>Organ Meat</i>		
Liver (lamb, veal, beef), cooked	75 g (2 ½ oz)	52.9-66.0
Kidney, lamb, cooked	75 g (2 ½ oz)	59.2
Kidney, veal, cooked	75 g (2 ½ oz)	27.7
Giblets, turkey, cooked	75 g (2 ½ oz)	12.0
Kidney, beef, cooked	75 g (2 ½ oz)	18.7
Liver (chicken, turkey, pork), cooked	75 g (2 ½ oz)	12.6-23.4
<i>Poultry</i>		

<i>Food</i>	<i>Serving size</i>	<i>Vitamin B12(mcg)</i>
Turkey, duck or chicken cooked	75 g (2 ½ oz)	0.2-0.3
<i>Beef</i>		
Ground, cooked	75 g (2 ½ oz)	2.4-2.7
Various cuts, cooked	75 g (2 ½ oz)	0.5-0.9
<i>Pork</i>		
Various cuts, cooked	75 g (2 ½ oz)	0.8-1.1
Ground, cooked	75 g (2 ½ oz)	0.8-0.9
Ham, cooked	75 g (2 ½ oz)	0.7
Bacon, strips, cooked	3 slices (24 g)	0.3-0.4
<i>Miscellaneous</i>		
Caribou/reindeer, cooked	75 g (2 ½ oz)	5.0
Salami (beef, pork)	75 g (2 ½ oz) or 3 slices	0.9-2.1
Sausage (pepperoni, chorizo, Polish, Italian, frankfurter)	75 g (2 ½ oz)	0.4-2.0
Deli meat (pastrami, mortadella, bologna)	75 g (2 ½ oz) or 3 slices	0.4-1.5

<i>Food</i>	<i>Serving size</i>	<i>Vitamin B12 (mcg)</i>
<i>Fish and Seafood</i>		
Clams, cooked	75 g (2 ½ oz)	14.6
Oysters, cooked	75 g (2 ½ oz)	13.2-21.6
Mussels, cooked	75 g (2 ½ oz)	18.0
Mackerel (King, Atlantic), cooked	75 g (2 ½ oz)	13.5-14.3
Herring, Atlantic, kippered	75 g (2 ½ oz)	14.0
Herring, cooked	75 g (2 ½ oz)	7.2-9.9
Tuna, bluefin, raw or cooked	75 g (2 ½ oz)	8.2-9.3
Crab, Alaska King, cooked	75 g (2 ½ oz)	8.6
Sardines, canned in oil or tomato sauce	75 g (2 ½ oz)	6.8
Trout, cooked	75 g (2 ½ oz)	3.1-5.6
Salmon, red/sockeye, raw or cooked	75 g (2 ½ oz)	4.4
Salmon, pink/humpback, with bones, canned	75 g (2 ½ oz)	3.7
Salmon, Atlantic, wild, cooked	75 g (2 ½ oz)	2.3
Tuna, light, canned in water	75 g (2 ½ oz)	2.2

<i>Food</i>	<i>Serving size</i>	<i>Vitamin B12 (mcg)</i>
<i>Meat Alternatives</i>		
Meatless (chicken, fish sticks, wiener/frankfurter, meatballs), cooked	75 g (2 ½ oz)	1.0-3.8
Meatless luncheon slice	75 g (2 ½ oz)	3.0
Soy burger	75 g (2 ½ oz)	1.8
Egg, cooked	2 large	1.5-1.6
<i>Other</i>		
Almond or rice beverage, fortified	250 mL (1 cup)	1.0
Red Star T6635 Yeast (Vegetarian Support Formula)	2 grams (1 tsp powder or 2 tsp flaked)	1.0

Source: "Canadian Nutrient File 2015", www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php [Accessed September 29 2016]

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