

## 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>
<b><i>Protein Foods</i></b>		
<i>Beef</i>		
Ground, cooked	75 g (2 ½ oz)	1.9-2.7
Various cuts, cooked	75 g (2 ½ oz)	1.4-2.2
<i>Pork</i>		
Various cuts, cooked	75 g (2 ½ oz)	0.3-1.1
Ground, cooked	75 g (2 ½ oz)	0.8-0.9
Ham, cooked	75 g (2 ½ oz)	0.7
Bacon, strips, cooked	30 g	0.5
<i>Poultry</i>		
Turkey or chicken cooked	75 g (2 ½ oz)	0.2-1.0
<i>Other Meats</i>		
Caribou/reindeer, cooked	75 g (2 ½ oz)	5.0
Deli meat (pastrami, bologna, beer salami)	75 g (2 ½ oz)	0.9-1.4
Sausage (chorizo, Polish, Italian, frankfurter)	75 g (2 ½ oz)	0.2-0.5
<i>Organ Meat</i>		
Kidney, lamb, cooked	75 g (2 ½ oz)	59.2
Kidney, veal, cooked	75 g (2 ½ oz)	27.7
Kidney, beef, cooked	75 g (2 ½ oz)	18.7
Giblets, turkey, cooked	75 g (2 ½ oz)	11.9
<i>Fish and Seafood</i>		

<i>Food</i>	<i>Serving size</i>	<i>Vitamin B12 (mcg)</i>
Clams, cooked	75 g (2 ½ oz)	14.6
Mussels, cooked	75 g (2 ½ oz)	18.0
Mackerel, cooked	75 g (2 ½ oz)	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, cooked	75 g (2 ½ oz)	8.2
Crab, Alaska King, cooked	75 g (2 ½ oz)	8.6
Sardines, canned in oil	75 g (2 ½ oz)	6.7
Trout, cooked	75 g (2 ½ oz)	5.6
Salmon, red/sockeye, cooked	75 g (2 ½ oz)	4.3
Salmon, pink, with bones, canned	75 g (2 ½ oz)	3.7
Tuna, light, canned in water	75 g (2 ½ oz)	2.2
Salmon, Atlantic, farmed, cooked	75 g (2 ½ oz)	2.1
<i>Meat Alternatives</i>		
Meatless (chicken, fishsticks wiener/frankfurter, meatballs), cooked	75 g (2 ½ oz)	0.5-3.2
Meatless luncheon slice	75 g (2 ½ oz)	3.0
Veggie burger, soy	75 g (2 ½ oz)	1.5

<b>Food</b>	<b>Serving size</b>	<b>Vitamin B12 (mcg)</b>
Egg, cooked	2 large	1.5
<b>Milk and Milk Products</b>		
<b>Milk</b>		
Milk, 3.3%, 2%, 1%, skim	250 mL (1 cup)	1.2-1.4
Buttermilk, 2%	250 mL (1 cup)	1.0
Chocolate milk, 3.3%, 2%, 1%	250 mL (1 cup)	0.9
<b>Cheese</b>		
Swiss/emmental	50 g (1 ½ oz)	1.7
Cottage cheese, 2%, 1%	250 mL (1 cup)	1.1-1.5
Feta, gouda, edam, gruyere, brie, cheddar, mozzarella, provolone	50 g (1 ½ oz)	0.4-0.9
<b>Yogurt</b>		
Plain and fruit flavoured, low fat	175 mL (¾ cup)	0.3-0.5
Greek, plain and fruit flavoured, 2%, fat free fat	175 g (¾ cup)	0.3-0.8
Yogurt beverage, fruit flavoured	200 mL	0.4
<b>Other</b>		
Soy beverage, fortified	250 mL (1 cup)	1.0
Almond or rice beverage, fortified	250 mL (1 cup)	1.0

<i>Food</i>	<i>Serving size</i>	<i>Vitamin B12 (mcg)</i>
Red Star VSF Yeast (Vegetarian Support Formula)	2 heaping tbsp (large flake) or 1 ½ heaping tbsp (mini flake)	8.0
<b><i>Vegetables and Fruit</i></b>	This food group contains very little of this nutrient.	
<b><i>Grains and Grain Products</i></b>	This food group contains very little of this nutrient.	

Source: "Canadian Nutrient File 2015", [www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php) [Accessed November 13, 2019]

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