

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.
- Low levels of vitamin B12 can cause pernicious anemia. Vegetarians who eat no animal products and the elderly who absorb less vitamin B12 are most at risk.
- 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>Grain Products</i>	This food group contains very little of this nutrient.	
<i>Milk and Alternatives</i>		
<i>Milk</i>		
Skim	250 mL (1 cup)	1.4
3.3% homo, 2%, 1%	250 mL (1 cup)	1.1 - 1.2
Buttermilk	250 mL (1 cup)	1.0
Chocolate milk	250 mL (1 cup)	1.0
<i>Cheese</i>		
Cottage cheese	250 mL (1 cup)	1.5-1.7
Swiss/emmental	50 g (1 ½ oz)	1.7
Feta, gouda, edam, gruyere, brie, cheddar, fontina	50 g (1 ½ oz)	0.8-0.9
<i>Yogurt</i>		
Yogurt beverage	200 mL	1.3

Plain (regular, low fat)	175 g (¾ cup)	0.8-1.0
Fruit bottom (regular, low fat)	175 g (¾ cup)	0.8-0.9
Chocolate, non-fat	175 g (¾ cup)	0.9
<i>Milk Alternatives</i>		
Almond or oat beverage, fortified	250 mL (1 cup)	1.1
Soy or rice beverage, fortified	250 mL (1 cup)	1.0
<i>Meat and Alternatives</i>		
<i>Organ Meat</i>		
Liver (lamb, veal), cooked	75 g (2 ½ oz)	54.4-64.3
Kidney, lamb, cooked	75 g (2 ½ oz)	59.2
Liver, beef, cooked	75 g (2 ½ oz)	52.9
Liver, turkey, cooked	75 g (2 ½ oz)	43.7
Kidney, veal, cooked	75 g (2 ½ oz)	27.7
Giblets, turkey, cooked	75 g (2 ½ oz)	24.9
Kidney, beef, cooked	75 g (2 ½ oz)	18.7
Liver, chicken, cooked	75 g (2 ½ oz)	15.9
Liver, pork, cooked	75 g (2 ½ oz)	14.0
Pate (goose liver, chicken liver)	75 g (2 ½ oz)	6.1-7.1
<i>Poultry</i>		
Turkey, cooked	75 g (2 ½ oz)	0.3
Duck, cooked	75 g (2 ½ oz)	0.3
Chicken, cooked	75 g (2 ½ oz)	0.2-0.3

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<i>Beef</i>		
Ground, cooked	75 g (2 ½ oz)	2.4-2.7
Various cuts, cooked	75 g (2 ½ oz)	1.3-2.5
<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 and pork	75 g (2 ½ oz) or 3 slices	2.0-2.7
Sausage (pepperoni, chorizo, Polish, Italian, frankfurter)	75 g (2 ½ oz)	1.0-1.9
Deli meat, turkey breast	75 g (2 ½ oz) or 3 slices	1.5
Deli meat, pastrami	75 g (2 ½ oz) or 3 slices	1.3
Deli Meat (mortadella, bologna)	75 g (2 ½ oz) or 3 slices	0.9-1.1
Wiener/hot dog	1 wiener (45 g)	0.8
<i>Fish and Seafood</i>		
Clams, cooked	75 g (2 ½ oz)	74.7
Oysters, cooked	75 g (2 ½ oz)	18.2 -26.3

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Mussels, cooked	75 g (2 ½ oz)	18.0
Caviar, black and red	75 g (2 ½ oz)	15
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
Roe, raw	75 g (2 ½ oz)	9.0
Crab, Alaska King, cooked	75 g (2 ½ oz)	8.6
Tuna, bluefin, raw or cooked	75 g (2 ½ oz)	7.9-8.2
Sardines, canned in oil or tomato sauce	75 g (2 ½ oz)	6.8
Trout, cooked	75 g (2 ½ oz)	3.7-5.6
Salmon, red/sockeye, raw or cooked	75 g (2 ½ oz)	3.8-4.4
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>Meat Alternatives</i>		
Meatless, chicken, breaded, cooked	75 g (2 ½ oz)	3.8
Meatless, fish sticks, cooked	75 g (2 ½ oz)	3.2
Meatless, luncheon slices	75 g (2 ½ oz)	3.0
Meatless, wiener/frankfurter	75 g (2 ½ oz)	1.8

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Soy burger	75 g (2 ½ oz)	1.8
Egg, cooked	2 large	1.1-1.3
<i>Other</i>		
Red Star T6635 Yeast (Vegetarian Support Formula)	2 grams (1 tsp powder or 2 tsp flaked)	1.0

Source: "Canadian Nutrient File 2007b", www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php [Accessed Jan 2, 2009]



Notes

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