

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?

Age in Years	Aim for an intake of micrograms (mcg)/day	Stay below mcg/day
Men and Women 19 and older	2.4	An upper limit for Vitamin B ₁₂ 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

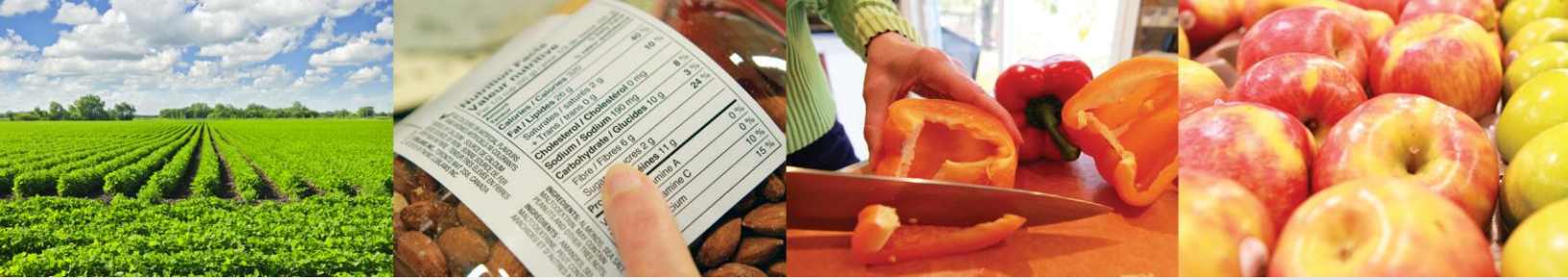
The best sources of Vitamin B₁₂ include: eggs, milk, cheese, milk products, meat, fish, shellfish and poultry. Some soy and rice beverages as well as soy based meat substitutes are fortified with vitamin B₁₂. To see if a product contains vitamin B₁₂ check the Nutrition Facts on the food label. The following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



Food	Serving size	Vitamin B12 mcg
Vegetables and Fruits	This food group contains very little of this nutrient.	
Grains Products	This food group contains very little of this nutrient.	
Milk and Alternatives		
<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)	.09
<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)	.05
Fruit bottom (regular, low fat)	175 g (¾ cup)	0.5 - 0.6
Greek yogurt, plain (regular, low fat)	175 g (¾ cup)	.03 - 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



Pate (goose liver, chicken liver)	75 g (2 ½ oz)	6.1-7.1
<i>Poultry</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)	1.3-2.5
<i>Pork</i>		
Various cuts, cooked	75 g (2 ½ oz)	0.5-0.9
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>Fish and Seafood</i>		
Clams, cooked	75 g (2 ½ oz)	14.6
Oysters, cooked	75 g (2 ½ oz)	13.2-26.1
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
Tuna, bluefin, raw or cooked	75 g (2 ½ oz)	8.2-9.3
Roe, raw	75 g (2 ½ oz)	9.0
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
Caviar (black, red)	75 g (2 ½ oz)	6.0
Trout, cooked	75 g (2 ½ oz)	3.1-5.6
Salmon, red/sockeye, 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>Meat Alternatives</i>		
Meatless (chicken, fish sticks, wiener /frankfurter,meatballs), cooked	75 g (2 ½ oz)	1.0-3.8
Meatless luncheon slices	75 g (2 ½ oz)	3.0
Soy burger	75 g (2 ½ oz)	1.8
Egg, cooked	2 large	1.5-1.6
Other		
Almond, oat 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

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