Vitamin B12 Fact Sheet



Vitamin 12 is a water-soluble vitamin that does not build up in the body. It's important for healthy red blood cell formation, nerve cell function, and DNA synthesis.

Vitamin B12 does not occur naturally in plant foods, so vegans and some vegetarians may want to consider taking a supplement if they can't meet their nutrient needs through diet.

How much is that in terms of food?

Age	Recommended Dietary Allowance (mg)	
	Female	Male
1-3 years	0.9	0.9
4-8 years	1.2	1.2
9-13 years	1.8	1.8
14-18 years	2.4	2.4
18+ years	2.4	2.4

2.6

2.8

Pregnancy

Lactation

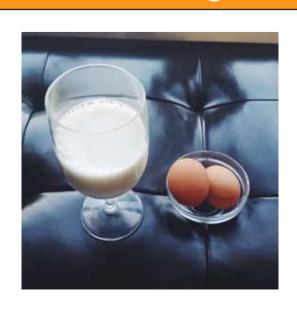
How much do you need?

Food	Serving Size	Vitamin B12 (mg)
Dairy		
Cheddar Cheese Swiss cheese Cottage cheese, 1% M.F. Milk, fluid, 1% M.F. Soy milk Yogurt, plain	1 ½ oz (50g) 1 ½ oz (50g) 1 cup (125ml) 1 cup (250ml) 1 cup (250ml) 34 cup (175ml)	0.4 1.6 1.5 1.2 2.1 1.6
Nuts and Seeds		
Brazil nuts, raw Peanuts, raw Flax seeds, ground Chestnuts	1/4 cup (60ml) 1/4 cup (60ml) 2 tbsp (30ml) 1/4 cup (60ml)	0 0 0 0
Meat		
Beef liver, braised Beef tenderloin, roasted Chicken breast, roasted Turkey breast, roasted Pork loin, roasted	2 ½ oz (75g) 2 ½ oz (75g)	62 2.4 0.2 0.2 0.6
Grains		
Quinoa Rye bread Barley, cooked Buckwheat groats, cooked	½ cup (125ml) 1 slice (35g) ½ cup (125ml) ½ cup (125ml)	0 0 0 0

Food	Serving Size	Vitamin B12 (mg)
Fish		
Tuna, light, canned Salmon, Atlantic, baked Sardines, canned Cod, Pacific, baked Canned mackarel	2 ½ oz (75g) 2 ½ oz (75g) 2 ½ oz (75g) 2 ½ oz (75g) 2 ½ oz (75g)	2.2 2.3 6.7 0.8 10-12
Meat Alternatives	/1 d_ (1 dg/	
Eggs, poached Tempeh, fermented soy- bean product, cooked	2 eggs (100g) ³ / ₄ cup (175ml)	1.5 1.7
Vegetables and Fruits		
Swiss chard, cooked Kale, raw Chinese Broccoli, cooked Squash, cooked Artichoke hearts, boiled Brussels sprouts, boiled Dates Avocado, sliced Mango, cubed	1/2 cup (125ml) 1 cup (125ml) 1/2 cup (125ml)	0 0 0 0 0 0
Nutritional yeast*	2 tbsp	8

How to get your daily total:

Option 1	
2 eggs at breakfast	1.7
1 cup of milk at dinner	1.2
Total = 2.9 mg	



Option 2	
Canned mackerel with crackers at lunch	12
Total = 10-12 mg	



Option 3	
2 tbsp nutritional	8
yeast on popcorn or	
in dressing	
Total = 8 mg	

