

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 do you need?

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
Pregnancy	2.6	
Lactation	2.8	

How much is that in terms of food?

Food	Serving Size	Vitamin B12 (mg)
Dairy		
Cheddar Cheese	1 ½ oz (50g)	0.4
Swiss cheese	1 ½ oz (50g)	1.6
Cottage cheese, 1% M.F.	1 cup (125ml)	1.5
Milk, fluid, 1% M.F.	1 cup (250ml)	1.2
Soy milk	1 cup (250ml)	2.1
Yogurt, plain	¾ cup (175ml)	1.6
Nuts and Seeds		
Brazil nuts, raw	¼ cup (60ml)	0
Peanuts, raw	¼ cup (60ml)	0
Flax seeds, ground	2 tbsp (30ml)	0
Chestnuts	¼ cup (60ml)	0
Meat		
Beef liver, braised	2 ½ oz (75g)	62
Beef tenderloin, roasted	2 ½ oz (75g)	2.4
Chicken breast, roasted	2 ½ oz (75g)	0.2
Turkey breast, roasted	2 ½ oz (75g)	0.2
Pork loin, roasted	2 ½ oz (75g)	0.6
Grains		
Quinoa	½ cup (125ml)	0
Rye bread	1 slice (35g)	0
Barley, cooked	½ cup (125ml)	0
Buckwheat groats, cooked	½ cup (125ml)	0

Food	Serving Size	Vitamin B12 (mg)
Fish		
Tuna, light, canned	2 ½ oz (75g)	2.2
Salmon, Atlantic, baked	2 ½ oz (75g)	2.3
Sardines, canned	2 ½ oz (75g)	6.7
Cod, Pacific, baked	2 ½ oz (75g)	0.8
Canned mackerel	2 ½ oz (75g)	10-12
Meat Alternatives		
Eggs, poached	2 eggs (100g)	1.5
Tempeh, fermented soy-bean product, cooked	¾ cup (175ml)	1.7
Vegetables and Fruits		
Swiss chard, cooked	½ cup (125ml)	0
Kale, raw	1 cup (125ml)	0
Chinese Broccoli, cooked	½ cup (125ml)	0
Squash, cooked	½ cup (125ml)	0
Artichoke hearts, boiled	½ cup (125ml)	0
Brussels sprouts, boiled	½ cup (125ml)	0
Dates	½ cup (125ml)	0
Avocado, sliced	½ cup (125ml)	0
Mango, cubed	½ cup (125ml)	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 yeast on popcorn or in dressing	8
Total = 8 mg	

