

Vitamin B12 and diet

Your body needs vitamin B12 to help keep your nerves and red blood cells healthy and to make DNA, the genetic material in your cells. If you don't get enough vitamin B12 you might develop anaemia and feel tired and weak.

Vitamin B12 is only naturally found in animal products such as meat, fish, seafood, poultry, eggs, milk, yogurt and cheese. It is also added to some foods and beverages like fortified plant-based products and meat substitutes.

Plant-based diets

Vegan and vegetarian diets need to be planned carefully to meet vitamin B12 needs. If you follow a plant-based diet and avoid all animal products including eggs, milk, yogurt and cheese, you'll need to get vitamin B12 from fortified foods and/or a supplement.

Below is a table of food that are sources of Vitamin B12. Please note that amounts may vary, and this is just a rough guide. Please check specific manufacturer details for accuracy.

Food	Portion	Vitamin B12 (µg)
Meat, fish, seafood, poultry and eggs		
Liver (beef)	75g	62.4
Mussels	75g	18.0
Mackerel	75g	14.3
Sardines	75g	6.7
Salmon (canned, with bones)	75g	3.7
Beef	75g	2.3
Tuna	75g	2.2
Eggs	2 large	1.6
Pork	75g	0.8
Ham	75g	0.3
Chicken	75g	0.3
Fortified meat alternatives		
Veggie burger, soy	70g patty	1.4
Quorn®	100g	0.71
Milk, yogurt and cheese		

Milk	250 ml	1.3
Cottage cheese	250 ml	1.1
Greek Yogurt	175 ml	0.6
Natural Yogurt	175 ml	0.5
Cheddar or mozzarella cheese	50g	0.4
Other		
Marmite	8g	1.9

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And PEN: Quick Nutrition Check for Vitamin B12 fact sheet.