



# Increasing your Vitamin B12 Intake: Tip Sheet

Vitamin B12 helps our body form DNA, make healthy blood cells and keep nerves working properly.

## How Much Vitamin B12 Should I Consume?

Age	Micrograms (mcg) of vitamin B12 per day
Men and Women 19 and older	2.4
Can delete these lines	
Pregnant Women	2.6
Breastfeeding Women	2.8

- Vitamin B12 is not toxic at high amounts as our bodies remove what is not needed.
- Adults >50 years of age do not absorb food sources of vitamin B 12 as well as younger adults. Anyone over 50 should use foods fortified with vitamin B12 or consult with their health team regarding a supplement.

## How Much Vitamin B12 Should My Child Consume?

Age	Micrograms (mcg) of Vitamin B12
Boys and girls 1-3	0.9
Boys and girls 4-8	1.2
Boys and girls 9-13	1.8
Boys and girls 14-18	2.4
Pregnant Females	2.6
Breastfeeding Females	2.8

## Ways to Increase your Vitamin B12 Intake

1. Consume milk and dairy products everyday.
  - Make sure to choose the low fat options!

Food	Micrograms (mcg) of vitamin B12
250 mL (1 cup) of milk	1.2-1.3
250 mL (1 cup) of fortified soy milk	1.0
250 mL (1 cup) of fortified almond milk	1.0

50 g (1 ½ oz) of feta, gouda, edam, gruyere, brie, cheddar, fontina, mozzarella, provolone cheese	0.7-0.9
50 g (1 ½ oz) of processed cheese slices, cheddar	0.4
175 g (¾ cup) of plain yogurt	0.8 – 1.0
175 g (¾ cup) of Greek yogurt	0.3-0.6

2. Consume meat and meat alternatives that are high in vitamin B12.

75 g (2.5 oz) of liver cooked (turkey, chicken)	12.6-23.4
75 g (2 ½ oz) of liver cooked (lamb, veal, beef)	52.9-66.0
75 g (2 ½ oz) of turkey, duck or chicken cooked	0.2-0.3
75 g (2 ½ oz) of ground beef cooked	2.4-2.7
75 g (2 ½ oz) of mussels cooked	18.0
75 g (2 ½ oz) of trout cooked	3.1-5.6
75 g (2 ½ oz) of soy burger	1.8
2 large eggs cooked	1.5-1.6

- Make sure to always read the food labels to ensure all the foods consumed are gluten free. Also look at the nutrition facts table to see the amount of Vitamin B12 in that specific product. Some gluten-free products are fortified with Vitamin B12, so make sure to check the label!

NOTE: If you are an older adult >50, a vegan, or a vegetarian please be sure to consult a physician or dietitian regarding Vitamin B12 supplements.

This information is adapted from:

Dietitians of Canada. Food sources of Vitamin B12. In: Practice-based Evidence in Nutrition [PEN]. 2016 Sept 29 [cited 2018 July 18]. Available from:

<http://www.pennutrition.com.subzero.lib.uoguelph.ca/KnowledgePathway.aspx?kpid=2709&trid=13155&trcatid=467>. Access only by subscription or sign up for a free two week trial.

Dietitians of Canada. What You Need to Know About Vitamin B12. In: Unlock Food. 2018 May 1 [cited 2018 July 18]. Available from:

<http://www.unlockfood.ca/en/Articles/Vitamins-and-Minerals/What-You-Need-to-Know-About-Vitamin-B12.aspx>

Shelley Case. Gluten Free the Definitive Resource Guide. 2016 September [cited 2018 July 18].