



Food Sources: Vitamin B12

Vitamin B12 (Cobalamin) is a water-soluble B vitamin that is essential for red blood cell formation, DNA synthesis, and proper nerve function. It also supports brain health, energy metabolism, and the production of neurotransmitters.

Vitamin B12 is found almost exclusively in animal foods such as meat, fish, eggs, and dairy. Some fortified foods and supplements provide B12 for individuals following vegetarian or vegan diets. The body stores B12 in the liver, so deficiency may take years to develop, but it is more common in older adults, those with absorption issues, or strict vegans.

The RDA for Vitamin B12 is as follows:

- Adults, 19+ years: 2.4 mcg/day
- Pregnancy, 19+ years: 2.6 mcg/day
- Lactation, 19+ years: 2.8 mcg/day

Food, standard serving size

Average Vitamin B12 Content (mcg)

- Clams, cooked, 3 oz – 84 mcg
- Liver (beef), cooked, 3 oz – 70 mcg
- Salmon, cooked, 3 oz – 4.9 mcg
- Tuna, canned in water, 3 oz – 2.5 mcg
- Sardines, canned, 3 oz – 2.4 mcg
- Trout, cooked, 3 oz – 3.5 mcg
- Beef, cooked, 3 oz – 1.3 mcg
- Milk, 1 cup – 1.2 mcg
- Yogurt, plain, 8 oz – 1.1 mcg
- Egg, 1 large – 0.6 mcg