

HEALTHY EATING ADVICE TO AVOID B12 DEFICIENCY

What foods contain vitamin B12?



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- All animal foods such as meat, chicken, seafood and eggs. Also milk and milk products such as yoghurt, cheese and ice cream.
- Foods with vitamin B12 added, which are also called fortified foods. To see if vitamin B12 has been added, check the nutrition information panel and the ingredient list on the food packet. some yeast extracts such as Marmite
 - some soy milks and soy products such as vegetarian sausages
 - some rice milks
 - some almond milks
 - some powdered drinks such as Milo, Vitaplan and Complan.
- Mushrooms have vitamin B12, but only a very small amount. One serve of mushrooms (100 g) only has 5% of daily vitamin B12 needs.

Other plant foods including grains, fruit and vegetables do not contain vitamin B12. Some people claim that seaweed, algae and fermented food such as tempeh contain vitamin B12. But these foods usually contain a form of vitamin B12 that our bodies can't absorb.

If you are 65 or older, your body will absorb the vitamin B12 added to fortified foods more easily than the vitamin B12 found in foods naturally.

How to get your daily vitamin B12 from food



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- Eat a variety of foods. Each day have:
 - At least one serving of meat, chicken, fish or eggs. A serving is a piece of meat, chicken or fish the size and thickness of the palm of your hand, or one egg.
 - At least two to three servings of milk or milk products. A serving is 1 cup (250 ml) of milk, 1 pottle (150 g) of yoghurt or 2 slices (40 g) of cheese.
 - Vegetables, fruit, breads and cereals don't contain vitamin B12. But you should still eat these foods every day as they provide a range of other important nutrients to keep you healthy.
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- If you are vegetarian, milk and milk products can provide enough vitamin B12. Each day have at least two to three servings of milk or milk products. If you eat eggs, include them regularly.
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- If you are vegan, have vitamin B12 fortified soy, almond, or rice milk daily. One cup (250ml) provides almost 50% of your daily vitamin B12 needs. Include mushrooms and other plant-based fortified foods such as soy sausages and yeast extract. If you don't regularly eat vitamin B12 fortified foods you may need a vitamin B12 dietary supplement.
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What kinds of vitamin B12 dietary supplements are available?

- Vitamin B12 is found in most multi-vitamins. There are supplements that only contain vitamin B12. Supplements with vitamin B12 and nutrients such as folic acid and other B vitamins are also available.
- Vitamin B12 supplements are not made from animal products so they are suitable if you are on a vegan diet.

These supplements are only suitable for maintaining vitamin B12 levels in people who can't get enough vitamin B12 from food. They are not suitable for treating vitamin B12 deficiency.

Your doctor or pharmacist can tell you what the most appropriate supplement is for you.