

Foods with High Content of Vitamin B₁₂²

FOOD	PORTION	VITAMIN B ₁₂ (mcg)*	FOOD	PORTION	VITAMIN B ₁₂ (mcg)*
MEAT, FISH, SEAFOOD, POULTRY AND EGGS			FORTIFIED SOY FOODS****		
Liver, beef, cooked	75 g (2½ oz)	62.4	Meatless deli slices	75g (2 ½ oz)	3.0
Mussels, cooked	75 g (2½ oz)	18.0	Meatless wiener	1 wiener (70 g)	1.6
Mackerel, cooked	75 g (2½ oz)	14.3	Veggie burger, soy	1 patty (70 g)	1.4
Clams, canned	75 g (2½ oz)	14.0	Soy beverage, fortified	250 mL (1 cup)	1.0
Sardines, canned in oil, drained	75 g (2½ oz)	6.7	MILK, YOGURT AND CHEESE		
Trout, cooked	75 g (2½ oz)	5.6	Milk, (skim, 1%, 2%)	250 mL (1 cup)	1.3
Salmon, Pink, canned with bone	75 g (2½ oz)	3.7	Cheese, cottage, 2%	250 mL (1 cup)	1.1
Beef, regular ground, pan-fried	75 g (2½ oz)	2.7	Buttermilk, 2%	250 mL (1 cup)	1.0
Beef, hip, rump roast, cooked	75 g (2½ oz)	2.3	OTHER****		
Tuna, light, canned in water, drained	75 g (2½ oz)	2.2	Nutritional yeast, fortified, large flake	16g, 30 mL (2 heaping tbsp.)	8.0
Salmon, Atlantic farmed, cooked	75 g (2½ oz)	2.1	Almond or rice beverage, fortified	250 mL (1 cup)	1.0
Egg, hard boiled	2 large	1.6			



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1. HealthLink BC, Nutrition Series - Number 68d, March 2022. https://www.healthlinkbc.ca/sites/default/files/documents/hfile68d_0.pdf. Last accessed Apr 21, 2023 2. HealthLink BC. <https://www.healthlinkbc.ca/sites/default/files/healthyeating/pdf/quick-nutrition-check-for-vitamin-b12.pdf>. Last accessed Apr 21, 2023 † Pharmacy Practice + Business and Profession Santé 2023/The Medical Post and Profession Santé 2023 – Survey on OTC Counselling and Recommendations. g: grams; mg: milligrams; mcg: micrograms; oz: ounces; tbsp: tablespoon; mL: milliliters *Estimated values. **If you are pregnant, limit liver and liver products to 75g (2 ½ ounces) per week. Liver is high in vitamin A. Too much vitamin A may cause birth defects. ***Pacific oysters from British Columbia tend to be higher in cadmium. Limit intake to 12 per month for adults and 1.5 per month for children. ****Check the nutrition facts table for amounts of vitamin B₁₂ in fortified food products.