



The infographic features a central blue circle with the text 'B12'. Surrounding this central circle are four circular inset images, each connected to the center by a curved grey line. The top-left inset shows a hand holding a glass of milk. The top-right inset shows a bowl of orange eggs. The right inset shows a plate of red meat with the word 'meat' written in white. The bottom-left inset shows a bowl of shredded orange cheese. The background is a light blue gradient.

B12

meat

B12

The Complete Guide

What is Vitamin B12

Also called **cobalamin**.

It's a **water-soluble vitamin** essential for:

- Red blood cell production 💧
- Nerve function 🧠
- DNA synthesis
- Energy metabolism ⚡



Your body can't make B12,
so you must get it from food
or supplements!!

Food Sources of B12

Category	Foods (B12 content per typical serving)
Red meat	Beef steak, beef liver (one of the richest), lamb
Poultry	Chicken breast, turkey, duck
Fish & seafood	Salmon, tuna, sardines, mackerel, trout, haddock, cod, clams, mussels, crab, oysters
Dairy	Milk, yoghurt, cheese (Swiss, mozzarella, feta, cottage)
Eggs	Whole eggs (especially yolks)
Fortified plant-based foods	Soya milk, oat milk, almond milk, breakfast cereals, nutritional yeast, vegan spreads, B12-fortified tofu, some plant-based burgers

- **Vegans and some vegetarians need fortified foods or supplements, because plant foods alone don't provide enough.**

Deficiency

Symptoms:

Fatigue, weakness

Pale skin

Numbness or tingling in hands/feet (nerve damage)

Balance problems

Memory issues, mood changes

Sore or swollen tongue

High-B12 Meal Ideas

🥞 Breakfast Options

Smoked salmon with scrambled eggs on whole-grain toast

→ excellent source of B12, protein, and omega-3 fatty acids

Greek yoghurt paired with fortified cereal and almonds

→ combines dairy with enriched grains for added nutrients

Vegan alternative: fortified soy milk smoothie blended with banana, oats, and a spoonful of **nutritional yeast** (provides B12 and a cheesy flavour)

🥗 Lunch Choices

Tuna salad sandwich (tuna, egg, light mayonnaise, lettuce, wholemeal bread)

Cheese and spinach omelette served alongside rye bread

Chicken wrap with cottage cheese and roasted peppers

Vegan alternative: tofu stir-fry featuring B12-fortified tofu, mixed vegetables, sesame oil, and fortified rice noodles



Dinner Selections

Grilled salmon or trout accompanied by roasted sweet potatoes and broccoli

Beef and vegetable stew (rich in B12 and iron)

Seafood pasta with mussels, shrimp, and a light tomato sauce

Vegetarian alternative: fortified lentil and vegetable curry served with brown rice and topped with **nutritional yeast flakes**

Snacks & Supplements

A small portion of **cheese**

Hard-boiled egg

Fortified cereal bar

Nutritional yeast sprinkled over popcorn, soups, or pasta (provides approximately 2–3 µg of B12 per tablespoon in fortified varieties)



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Tips to Boost B12 Intake

Combine **animal and fortified sources** if your diet allows.

Store fish and meat properly — **B12 is destroyed by overcooking.**

Pair B12 with supportive nutrients.
For best results, include:

Folate (B9) – found in leafy greens, beans, citrus

Iron – red meat, lentils, spinach

Vitamin B6 – chicken, potatoes, bananas

They work together in **red blood cell production and energy metabolism.**