

# Sources of vitamin B12

Vitamin B12 (or cobalamin) is a water-soluble vitamin that plays an important role in many bodily processes. It is required for healthy red blood cell formation, DNA synthesis, and nervous system function.



## The Recommended Dietary Intake (RDI)



19+ male  
2.4 mcg/day



19+ female  
2.4 mcg/day



Pregnancy  
2.6 mcg/day



Lactation  
2.8 mcg/day

Food (serving size)	Vitamin B12 (mcg)
<b>Beef liver</b> , pan-fried (100 g)	70
<b>Lamb liver</b> , grilled (50 g)	38.2
<b>Octopus</b> , raw (100 g)	20
<b>Mussel</b> , blue, steamed (100 g)	19
<b>Oyster</b> , Sydney rock/Pacific, raw (100 g)	15
<b>Nutritional yeast</b> , fortified (¼ cup)	15
<b>Chicken liver</b> , fried (50 g)	8.1
<b>Sardines</b> , Australian, whole, fried (100 g)	6.8
<b>Lamb</b> , shoulder, roasted (100 g)	3.2
<b>Snapper</b> , fillet, baked (100 g)	3.1
<b>Salmon</b> , Atlantic, cooked (100 g)	2.6
<b>Tuna</b> , canned in water (100 g)	2.5
<b>Beef</b> , ground, lean, pan-fried (100 g)	2.4
<b>Barramundi</b> , fillet, grilled (100 g)	2.3
<b>Milk</b> , regular fat (250mL, 1 cup)	1.3
<b>Yoghurt</b> , plain (150 g)	1
<b>Cheese</b> , cheddar (40 g, 2 slices)	0.5
<b>Egg</b> , whole, cooked (1 large)	0.5
<b>Turkey</b> , breast meat, roasted (100 g)	0.3
<b>Tempeh</b> (½ cup)	0.1
<b>Banana</b> (1 medium)	0.1
<b>Bread</b> , whole-wheat (1 slice)	0.1
<b>Strawberries</b> , raw, halved (½ cup)	0.1
<b>Beans</b> , kidney, boiled (½ cup)	0.1
<b>Spinach</b> , boiled, drained (½ cup)	0.1