

VITAMIN B12

Did you know???



Vitamin B12 (Cobalamin) is a nutrient that helps keep your body's **blood and nerve cells** healthy and helps make **DNA**, the genetic material in *all of* your cells. Vitamin B12 also helps prevent megaloblastic **anemia**, a blood condition that makes people tired and weak.

NUTRITIONAL FACTS

FOOD	QTY	COBALAMIN	DAILY %	CARBS	PROTEIN	CALS
Octopus	100g	36ug	1500%	4.4g	29.8g	164
Beef Liver	50g	35.5ug	1470%	2.6g	14.5g	95.5g
Mussels	100g	24ug	1000%	7.4g	23.8g	172
Oyster	100g	16ug	667%	5g	9.5g	81
Sardines	100g	12ug	500%	0	25.3g	195
Salmon	100g	3.1ug	127%	0	25.4g	182
Soy Milk	1 cup	3ug	125%	3.6g	7.8g	74
Tuna	100g	3ug	125%	0	25.5g	116
Lamb Roast	100g	3ug	125%	0	28.4g	204
Beef Steak	100g	2ug	84%	0g	29.9g	160

1. www.Cronometer.com
2. <https://ods.od.nih.gov/factsheets>