

Food Sources of Vitamin B₁₂

Beef meat	Veal meat	Pork meat	Finfish
Shellfish	Lamb meat	Mutton meat	Poultry meat
Energy drink (vitamin B ₁₂ -fortified)	Clam chowder	Breakfast cereal (vitamin B ₁₂ -fortified)	Meat substitutes (vitamin B ₁₂ -fortified)
Fruit juice (vitamin B ₁₂ -fortified)	Formulated bar (vitamin B ₁₂ -fortified)	Water (vitamin B ₁₂ -fortified)	Almond milk drink (vitamin B ₁₂ -fortified)
Coconut milk drink (vitamin B ₁₂ -fortified)	Soy milk (vitamin B ₁₂ -fortified)	Pancakes (vitamin B ₁₂ -fortified)	Oyster stew
Chunky turkey soup	Whey protein	Waffles (vitamin B ₁₂ -fortified)	Sausage and luncheon meat with meat as the main ingredient
Nutrition shake (vitamin B ₁₂ -fortified)	Chili con carne	French toast (vitamin B ₁₂ -fortified)	Rice milk drink (vitamin B ₁₂ -fortified)
Vegetable oil spread (vitamin B ₁₂ -fortified)	Hamburger	Cow milk	Sheep milk
Cheeseburger	Yogurt	Protein bar (vitamin B ₁₂ -fortified)	Chocolate bar (vitamin B ₁₂ -fortified)
Cream of shrimp soup	Buttermilk	Tripe soup	Coffee prepared with milk
Malted milk drink (prepared with milk)	Egg yolks	Duck egg	Goose egg
Turkey egg	Quail egg	Chicken egg	Scrambled eggs
Omelet	Milkshakes	Swiss cheese	Egg custard
Kefir	Indian buffalo milk	Gjetost cheese	Whey
Cottage cheese	Soup prepared with milk	Cheese quesadilla	Cheese enchilada
Beef and mushroom soup (chunky)	Tilsit cheese	Fried mozzarella	Instant breakfast drink (vitamin B ₁₂ -fortified)
Infant or child formula (vitamin B ₁₂ -fortified)	Eggnog	Beef stroganoff soup (chunky)	Queso blanco cheese
Feta cheese	Fontina cheese	Queso Fresco cheese	Corned beef hash
Brie cheese	Pulled pork in barbecue sauce	Gruyere cheese	