

Supplementary Table 6. Common food sources of vitamin B12 [67]

Food	Per serving, μg	DV, %
Beef liver, cooked, pan fried, 3 ounces	70.7	2,944
Clams (without shells), cooked, 3 ounces	17	708
Nutritional yeast, fortified, from several brands (check label), about $\frac{1}{4}$ cup	8.3 to 24	346–1,000
Salmon, Atlantic, cooked, 3 ounces	2.6	108
Tuna, light, canned in water, 3 ounces	2.5	104
Beef, ground, 85% lean meat/15% fat, pan-browned, 3 ounces	2.4	100
Milk, 2% milkfat, 1 cup	1.3	54
Yogurt, plain, fat free, 6-ounce container	1	43
Breakfast cereals, fortified with 25% of the DV for vitamin B12, 1 serving	0.6	25
Cheese, cheddar, $1\frac{1}{2}$ ounces	0.5	19
Egg, whole, cooked, 1 large	0.5	19
Turkey, breast meat, roasted, 3 ounces	0.3	14
Tempeh, $\frac{1}{2}$ cup	0.1	3

DV, daily value.