

## Vitamin B12 in the Diet



Vitamin B<sub>12</sub> helps keep nerve and blood cells healthy and helps make DNA, the genetic material in all cells. Vitamin B<sub>12</sub> also helps prevent megaloblastic anemia which can make people feel tired and weak. In older people, the most common cause of vitamin B<sub>12</sub> deficiency is when their bodies do not make enough stomach acid to release B<sub>12</sub> from food.

### How much vitamin B<sub>12</sub> do I need?

- The amount needed depends on your age. Most older adults need 2.4 micrograms (mcg) daily.
- Most people get enough vitamin B<sub>12</sub> from the foods they eat, but some people have trouble absorbing the vitamin from food, especially older adults.
- Older adults should get most of their vitamin B<sub>12</sub> from fortified foods or dietary supplements.

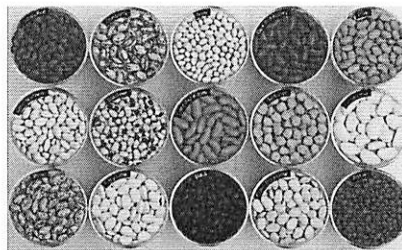
### What other sources of Vitamin B<sub>12</sub> are there?

- Beef liver, clams, fish, meat, poultry, eggs, milk and other dairy products
- Some breakfast cereals, nutritional yeasts and other foods that are fortified with vitamin B<sub>12</sub>. To find out if vitamin B<sub>12</sub> has been added to a food product, check the ingredient label.

**Always check with your health care provider before taking any new supplements and medicines to check if they might interact or interfere with medicines you are currently taking and what supplements may be best for your overall health.** Source: <http://ods.od.nih.gov> Revised 2022

## IMMUNE BOOSTING FOODS OF THE MONTH

***BEANS: Excellent source of protein which helps to build cells, including those of your immune system.***



***Romaine: Source of vitamin C, antioxidants, and other vitamins/minerals which keep your immune system healthy.***

