

Appendix A: Dietary sources of cobalamin

Dietary Sources of cobalamin (B₁₂)¹ (RDA* 2.4 mcg, pregnant women 3.5 mcg)	
Food	mcg
Liver, beef, cooked 2½ oz	48.0
Clams, canned 2½ oz	74.2
Trout, rainbow, 2½ oz	5.6
Salmon, Pink, canned with bone 2½ oz	3.7
Tuna, light, canned in water, drained (2½ oz)	2.2
Salmon, Atlantic farmed, cooked 75 g (2 ½ oz)	2.1
Beef, regular ground, pan-fried 75 g (2 ½ oz)	2.3
Beef, regular ground, broiled 75 g (2 ½ oz)	1.4
Egg, chicken, boiled 2 large	1.1
Pork, loin, chop/roast, roasted (2 ½ oz)	0.9
¹ HealthLinkBC. [homepage on the internet]. [cited July 25 2011] Available from: www.healthlinkbc.ca * Recommended dietary allowance	