

Foods High in Vitamin B12

Food	Micrograms (μg) per serving
Liver, beef, braised, 1 slice	47.9
Fortified breakfast cereals, (100% fortified), 3/4 cup	6.0
Trout, rainbow, wild, cooked, 3 ounces	5.4
Salmon, sockeye, cooked, 3 ounces	4.9
Trout, rainbow, farmed, cooked, 3 ounces	4.2
Beef, top sirloin, lean, choice, broiled, 3 ounces	2.4
Cheeseburger, fast food, regular, double patty	1.9
Taco, fast food, 1 large	1.6
Breakfast cereals, fortified (25% fortified), 3/4 cup	1.5
Yogurt, plain, skim, with 13 grams protein/ 1 cup	1.4
Haddock, cooked, 3 ounces	1.2
Tuna, white, canned in water, drained , 3 ounces	1.0
Milk, 1 cup	0.9
Pork, cured, ham, lean only, roasted, 3 ounces	0.6
Egg, whole, hard boiled, 1	0.6
Cheese, American pasteurized cheese food, 1 oz	0.3
Chicken, breast, meat only, roasted, 1/2 breast	0.3