

Top tips for vitamin B12 intake

1

Choose foods naturally high in vitamin B12

Animal-sourced foods like New Zealand beef and lamb, poultry, seafood, dairy and eggs are naturally high in vitamin B12. Including some of these foods regularly, as part of a balanced diet, can help maintain healthy vitamin B12 levels.

2

Look for B12-fortified options

Some foods don't naturally contain B12, but have it added during processing. Fortified products such as some plant milks, breakfast cereals and nutritional yeast (used to give a cheesy, savoury flavour), can be useful B12 sources for people who eat little or no animal-sourced foods. Check the label to see whether a product has added B12.

3

Include lean red meat

Lean beef and lamb provide highly absorbable B12. Enjoying them up to three times a week can support a balanced, healthy diet.

4

Spread it out across the week

Everyone absorbs B12 a little differently. Spreading B12-containing foods across the week helps support adequate levels over time.

5

Talk to your GP if unsure

If you're in a higher-risk group, such as older adults, being vegan, have gut issues, or if you're experiencing symptoms like fatigue or tingling, it's worth checking in with your GP. A simple blood test can assess your B12 levels, and your GP can advise whether you need a supplement, or if dietary changes are needed.

