

Nutritional Value of VIT. B12

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Certainly! Vitamin B12, also known as cobalamin, is essential for various bodily functions, including the formation of red blood cells and the maintenance of the nervous system. Unlike many other vitamins, B12 is predominantly found in animal products. Here's a breakdown of some common sources: Meat: Beef, pork, and poultry are rich sources of vitamin B12. Fish: Particularly salmon, trout, tuna and other seafood are good sources. Dairy products: Milk, cheese and yogurt contain vitamin B12, making them suitable for those who include dairy in their diet. Eggs: Both the yolk and the whites contain some B12, but the yolk is a more concentrated source. Fortified foods: Some plant-based foods like cereals, plant-based milk (soy, almond, etc.), and nutritional yeast are fortified with synthetic B12. Fruits, however, generally do not contain significant amounts of vitamin B12. If you're following a vegan or vegetarian diet, consider incorporating fortified foods or B12 supplements to ensure you meet your nutritional needs. It's essential to consult with a healthcare professional for personalized advice.

Vitamin B12 is generally not found in significant amounts in fruits. It is primarily present in animal products, such as meat, fish, eggs and dairy. Fruits, being plant-based, do not naturally contain vitamin B12.

Vitamin B12 is crucial for various bodily functions, including the formation of red blood cells, neurological function, and DNA synthesis. If you follow a vegetarian or vegan diet, it's vitamin B12, also known as cobalamin, is primarily found in animal-based foods, making it challenging to obtain in significant amounts from fruits alone. While fruits are generally not high in vitamin B12, there are some rare exceptions where minute traces of this vitamin might be found due to bacterial contamination or processing methods.

One example is certain varieties of fermented fruits, such as some types of fermented plums or figs, where small amounts of B12-producing bacteria may be present. However, the levels are typically too low to significantly contribute to your daily B12 requirements.

It's crucial for individuals following a vegan or vegetarian diet to ensure adequate B12 intake through fortified foods or supplements since plant-based sources are generally insufficient. Nutritional yeast, fortified plant milk and breakfast cereals are more reliable sources for obtaining vitamin B12 in plant-based diets. Overall, while fruits may contain minimal traces of B12 under specific conditions, they are not considered significant sources of this essential vitamin.

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