

Vitamin B₁₂ of Select Foods

Food	Vitamin B ₁₂ (μg)	Food	Vitamin B ₁₂ (μg)
Meats		Eggs	
liver (3 oz)	6.8	egg (1)	0.6
trout (3 oz)	3.6	Milk and milk products	
beef (3 oz)	2.2	milk, skim (1 c)	1.0
clams (3 oz)	2.0	milk, whole (1 c)	0.9
crab (3 oz)	1.8	yogurt (1 c)	0.8
lamb (3 oz)	1.8	cottage cheese (½ c)	0.7
tuna (3 oz)	1.8	cheese, American (1 oz)	0.2
veal (3 oz)	1.7	cheese, cheddar (1 oz)	0.2
Hamburger (3 oz)	1.5		