

Benefits of B-12 Vitamin

Vitamin B12, or Cobalamin, plays an important role in our body. It helps make DNA and red blood cells, it supports nerve cells, and it is essential for our brain health. Some of the signs you are not getting enough vitamin B12 may include tingling and numbness in your fingers and toes, or you may feel tired or confused. Some people over the age of 50 have issues with absorbing the vitamin B12 found naturally in foods. They may need to take vitamin B12 supplements. Please discuss with your doctor to determine if you need B12 supplements.

Vitamin B12 is typically found in meat, dairy, and fortified foods. People who follow a vegan diet may not get enough vitamin B12 in their diet. Choose foods, including grains and plant-based milks, that are fortified with vitamin B12 if you follow a vegan diet. Here is a list of food items with the amount of B12 per serving.

Food Items	Serving	B12 Amount
Fillet of tuna	6 oz	18.5 mcg
Ground beef, 97% lean	6 oz	4.1 mcg
Ground turkey, 93% lean	3 oz	1.5 mcg
Roasted chicken breast, chopped or diced	1 cup	0.5 mcg
Large egg	1	0.6 mcg
Low fat milk	8 oz	1.3 mcg
Low fat cottage cheese	½ cup	0.5 mcg
Low fat yogurt	½ cup	0.6 mcg
Fortified cereals	¾ cup	6.1 mcg

This Ranch Dip recipe can be served with fresh vegetables. It is a great side dish to help increase your B12 intake.

Nutrition Notes by Jeannine

Ranch Dip

Prep Time: 5 min / Makes: 2 cups

Serving size: 2 Tablespoons

- ✓ Calories: 20
- ✓ Carbohydrates: 2 grams
- ✓ Protein: 3 grams
- ✓ Sodium: 140 milligrams

Ingredients

- 1 cup low-fat cottage cheese
- 1 cup low-fat plain yogurt
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ½ teaspoon garlic powder or 2 cloves garlic, minced
- ½ teaspoon onion powder
- 2 sprigs of parsley, chopped or 1 teaspoon dried parsley flakes

Directions

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. For a **chunky dip**, mix cottage cheese, yogurt and seasonings of your choice in a bowl.

For a **smoother dip**, mash cottage cheese with a fork before adding yogurt and seasonings.

For a **smooth dip**, blend all ingredients in a blender.

4. Refrigerate leftovers within 2 hours.



Sources: Recipe: www.foodhero.org

Article: National Institute on Aging (www.nia.nih.gov),

Academy of Nutrition and Dietetics, Myfooddata.com.

Nutrition Education Quarterly Topic:

Benefits of B12 Vitamin

Jeannine Gaillardetz, Dietitian with the Senior Nutrition Program is providing education for seniors at each of our Dine-In Sites during lunch service. Here is the July schedule:

- July 8th, 2026 – Placerville
- July 15th, 2026 – El Dorado Hills

Senior-Nutrition@edcgov.us