

High Vitamin B12 (Cobalamin) Foods

Food	Serving (Imperial)	Serving (Metric)	B12 Amount (mcg)	%RDA (DV)
Claims, cooked	3 oz	85 g	84	3500%
Beef liver, cooked	3 oz	85 g	71	2958%
Trout, rainbow, wild, cooked	3 oz	85 g	5.4	225%
Salmon, sockeye, cooked	3 oz	85 g	4.8	200%
Trout, rainbow, farmed, cooked	3 oz	85 g	3.5	146%
Tuna, light, canned, water	3 oz	85 g	2.5	104%
Haddock, cooked	3 oz	85 g	1.8	75%
Beef, top sirloin, broiled	3 oz	85 g	1.4	58%
Milk, low fat	1 cup	240 g	1.4	58%
Cheese, Swiss	1 oz	280 g	0.9	38%
Egg	Large	50 g	0.6	25%
Chicken breast, cooked	3 oz	85 g	0.3	13%

Adult U.S.RDA (Recommend Dietary Allowance)

2.4 mcg Male

2.4 mcg Female