

Foods highest in

Vitamin B-12

"Day%" is the % of the amount required each day; this is in "oz" (ounces) of each food. "oz" of each food is the amount that contains 100 calories. "Score" is total of all nutrient score - 165 is average.

"Day%" is based upon a

6 mcg

nominal daily value.

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Clams	1114%	1591	4.8	135	Whole duck egg	49%	83	1.9	54
Beef liver	732%	1808	2.6	74	CHEX snack mix	49%	177	0.8	24
Veal liver	713%	2093	2.5	71	Farm-raised crayfish	49%	383	4.9	139
Oysters	477%	2266	5.2	147	Catfish	46%	316	3.4	95
Pork liver	323%	1241	2.6	75	Wheaties	45%	436	1.0	27
Chicken, liver	238%	983	3.0	86	Kellogg's Corn Flakes	44%	308	1.0	28
Mussels	233%	777	4.1	116	Tuna, canned in water	43%	473	3.0	86
All-Bran with fiber	208%	1098	1.8	52	Fiber One	42%	519	1.8	50
New England clam chowder	186%	276	5.0	143	Beef tip round, lean, choice	41%	295	2.7	77
Crab	172%	590	4.1	115	Soy milk	39%	274	6.8	192
All-Bran Buds	133%	874	1.4	40	Tilefish	38%	396	3.7	104
All-Bran Original	121%	1025	1.4	38	Northern pike	38%	365	4.0	114
Complete Wheat Bran	108%	1194	1.1	31	Whiting	37%	377	3.0	86
Total cereal	100%	1153	1.1	30	Perch	35%	380	3.9	110
Fresh tuna	99%	509	1.9	54	Scallops	29%	316	4.0	114
Complete Oat Bran Flakes	96%	1118	1.0	29	Raisin Bran Cereal	29%	325	1.1	32
Multi-Grain Cheerios	91%	952	0.9	26	Salmon	28%	452	1.9	55
Total Corn Flakes	89%	1004	0.9	27	Flounder	28%	386	3.9	110
Manhattan clam chowder	88%	201	5.8	164	Beef round, 1/4" fat	28%	242	1.8	52
Deer meat	88%	364	2.9	83	Lean beef, chuck	25%	278	2.5	72
Kellogg's Special K	86%	529	0.9	26	Swordfish	24%	388	2.9	83
Chicken Broth 1% fat	83%	17	88.2	2500	Cheerios	23%	368	1.0	27
Mackerel, canned	74%	458	2.3	64	Chicken gizzards	21%	100	3.8	106
Bluefish	72%	421	2.8	81	Haddock	21%	365	3.1	89
Atlantic mackerel	71%	450	1.7	49	Soyburger	21%	171	1.8	52
Trout	70%	370	2.4	67	Monkfish	20%	334	4.6	132
Chicken liver, canned	67%	261	1.8	50	Non-fat dry milk w vit A	19%	218	1.0	28
Striped bass	66%	436	3.6	103	Tuna, canned in oil	19%	279	1.8	51
Total Raisin Bran	59%	648	1.1	32	Shrimp	18%	382	3.3	94
Pollock	58%	441	3.8	109	Yogurt, fat free	18%	213	6.3	179
Smart Start Cereal	55%	593	1.0	27	Halibut	18%	389	3.2	91
Pink salmon, canned	53%	548	2.5	72	Beef, round, lean	18%	218	1.5	44
Smart Start Soy Protein	50%	541	1.0	27	Fortified skim milk	17%	263	8.6	244

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Milk 1% with vitamin A	17%	206	8.4	238	Gouda cheese	7%	97	1.0	28
Whey, sweet	17%	107	13.1	370	Ensure plus	7%	116	2.5	71
Lobster	17%	417	3.9	111	Link sausage, smoked	7%	82	0.9	26
Beef, ground,15% fat	17%	138	1.6	47	Provolone cheese	7%	100	1.0	28
Cod fish	17%	343	3.4	95	Muenster cheese	7%	84	1.0	27
Plain frozen waffles	15%	133	1.1	32	Turkey, light meat	7%	317	3.1	87
Milk 2% with vitamin A	15%	162	7.1	200	Italian pork sausage	6%	79	1.0	29
Egg, whole	15%	123	2.5	70	Pork chops, lean boneless	6%	288	2.5	71
Swiss cheese	15%	125	0.9	26	Italian (Crimini) mushrooms	6%	606	13.1	370
Cottage cheese, 1% fat	15%	227	4.9	139	Blue cheese	6%	78	1.0	28
Beef, top sirloin lean	14%	289	2.7	76	Chicken, light meat	6%	315	3.1	88
Whey, acid	13%	147	14.7	417	Eggnog	6%	38	2.6	74
Whole milk 3.25% fat	12%	123	5.9	167	Cream of potato soup	6%	80	5.9	167
Grape-Nuts Cereal	12%	142	1.0	28	Mozzarella cheese, skim	5%	136	1.4	39
Hard-boiled egg	12%	98	2.3	65	Turkey, dark meat	5%	270	2.8	80
Dolphinfish	12%	377	4.1	118	Limburger cheese	5%	91	1.1	31
Whey, sweet, dried	11%	122	1.0	28	Parmesan cheese	5%	124	0.9	26
Sheep milk	11%	110	3.3	93					
Grouper	11%	360	3.8	109					
Chicken broth, condensed	11%	74	11.4	323					
Ling	11%	361	4.1	115					
Feta cheese	11%	85	1.3	38					
Chicken broth w sodium	10%	116	22.0	625					
Yogurt, plain, whole milk	10%	104	5.8	164					
Egg yolk	10%	38	1.1	31					
Hot cocoa, homemade	9%	107	4.6	130					
Parmesan cheese, grated	9%	118	0.8	23					
Ham	9%	297	2.6	74					
Frankfurter beef	8%	51	1.1	31					
Orange roughy	8%	380	4.6	132					
Malted milk, chocolate	8%	86	4.1	118					
Brie cheese	8%	81	1.1	30					
Anchovies	8%	450	2.7	76					
Chocolate-flavor milk	8%	96	4.1	118					
Infant formula, SIMILAC	8%	96	5.3	152					
Bologna, beef	8%	12	1.1	32					
Lean pork	7%	291	2.5	70					
Cheese lasagna	7%	137	2.7	77					