

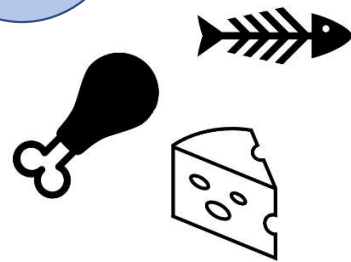
### Why are vitamin B12 and folic acid important part of our diet?

Vitamin B12 & folic acid (or folate) help the body make red blood cells that carry the oxygen around the body. Vitamin B12 also keeps the nervous system healthy.

#### Sources of vitamin B12:

- ✓ Meat
- ✓ Fish
- ✓ Milk
- ✓ Cheese
- ✓ Yoghurt
- ✓ Eggs
- ✓ Yeast extract
- ✓ Fortified plant-based drinks
- ✓ Fortified cereals (beware of sugar!)

If you follow a plant-based/ vegan diet, you would need 2 servings of yeast extract every day! You might wish to consider a supplement of 10mcg daily.



\*\*Some fermented products (tempeh, miso), shiitake mushrooms and algae have substances similar to vitamin B12 but this works differently in the human body so those foods should not be used as main sources of B12.



#### Sources of folic acid:

- ✓ Broccoli
- ✓ Brussel sprouts
- ✓ Cabbage
- ✓ Kale
- ✓ Spinach
- ✓ Chickpeas
- ✓ Kidney beans
- ✓ Fortified cereals (beware of sugar!)

If you are planning a pregnancy or are currently pregnant, you should take a folic acid supplement of 400mcg daily