

A Guide to Vitamin B12–Rich Foods

Vitamin B12 is an essential nutrient that plays a crucial role in various bodily functions, including nerve health, red blood cell production, and DNA synthesis. For individuals with diabetes, maintaining adequate B12 levels is particularly important.

Why B12 is Essential for People with Diabetes

- **Nerve Health:** B12 deficiency can lead to nerve damage, which is a common complication of diabetes.
- **Energy Levels:** B12 helps convert food into energy, which is essential for managing diabetes.
- **Red Blood Cell Production:** B12 is necessary for the production of healthy red blood cells, which carry oxygen throughout the body.



Top Food Sources of Vitamin B12

- **Animal-Based Foods:**
 - Meat (especially liver and kidney)
 - Poultry
 - Fish (salmon, tuna, clams)
 - Eggs
 - Dairy products (milk, cheese, yogurt)
- **Fortified Foods:**
 - Fortified breakfast cereals
 - Fortified plant-based milk (soy, almond, oat)
 - Nutritional yeast

Incorporating B12-rich foods into your daily meals is easy. Talk with your doctor if B12 deficiency is a concern.

We’re committed to your health. Contact us today for more information.



Advanced Diabetes Supply
Website: www.advanceddiabetessupply.com
Patient Support: 1-866-422-4866
Email: customercare@northcoastmed.com



US MED
Website: www.usmed.com
Patient Support: 1-877-840-8218
Email: customerservice@usmed.com