

BLUE SKY FHT NEWSLETTER

FOCUS ON VITAMIN B12

What is Vitamin B12?

B12 is an essential nutrient we must get from food. B12 is important for making healthy blood cells, forming DNA and keeping our nerves working properly.

Who is at risk for a B12 deficiency?

The main sources of B12 are from animal products, so vegetarians and vegans are at risk of not getting enough B12. Older adults sometimes cannot absorb B12 from food or supplements so are at risk of B12 deficiency.

How much do I need?

Men and Women over the age of 19 need 2.4mcg/day.

Pregnant women need 2.6mcg/day.

Breast feeding women need 2.8mcg/day.



Food Sources of B12

| Food | Serving Size | B12 (mcg) |
|------------------------------------|----------------------------|-----------|
| Milk, 1%, 2%, 3.3% | 250mL, 1 cup | 1.2-1.4 |
| Cottage Cheese | 250mL, 1 cup | 1.5 |
| Plain yogurt, low fat | 175g, 3/4 cup | 1.0 |
| Liver (lamb, veal, beef) | 75g, 2.5oz | 52.9-64.3 |
| Salmon, red/sockeye, raw or cooked | 75g, 2.5oz | 4.4 |
| Egg, cooked | 2 large | 1.5-1.6 |
| Red Star Yeast | 2g (2tsp powder or flaked) | 1.0 |

Quick Salmon Quiche

Ingredients:

2 tbsp of butter or margarine

1/2 cup chopped onion

1 clove of garlic, minced

1 cup of canned salmon, drained and flaked

1 (9 inch) unbaked deep dish pie crust

3 large eggs

1 cup milk

1 tbsp all-purpose flour

1 tsp dried dill weed

1/4 tsp ground black pepper



Nutrition Facts

For each 1/8 of pie

| Amount | % Daily Value |
|--------|---------------|
|--------|---------------|

| | |
|-----------------|-----|
| Calories | 184 |
|-----------------|-----|

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|------------|-------|
| Fat | 10.8g |
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|-----------|------|
| Saturated | 4.2g |
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|---------|------|
| + Trans | 0.2g |
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| Cholesterol | 97mg |
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| Sodium | 210mg |
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| Carbohydrate | 12.6g |
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| Fibre | .8g |
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| Sugars | 2.9g |
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|----------------|----|
| Protein | 9g |
|----------------|----|

Directions:

1. Preheat oven to 350°.
2. Melt butter in a medium non-stick skillet over medium-high heat. Add onion and sauté until translucent, about 3 minutes. Add garlic, sauté for one more minute, or until pale golden. Add salmon and stir until heated. Spoon into prepared piecrust and set aside.
3. Whisk together the eggs, milk, flour, dill, salt and pepper. Pour over salmon and bake for 45 to 50 minutes or until knife inserted near center comes out clean. Let stand 10 minutes before serving.

***One serving has 1.5mcg of B12**

<http://www.epicurious.com/recipes/member/views/quick-salmon-quiche-1261173>