

SPICE OF LIFE



NEIGHBORLY NUTRITION MINUTE

JANUARY 2020

Folic Acid *and* Vitamin B12

These are important B vitamins.

Eating enough folic acid may decrease your risk for heart disease or stroke.

These vitamins are important for older adults because it can become harder to absorb these nutrients with age.

Why are Folic Acid and Vitamin B12 important...

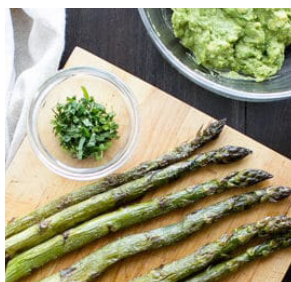
- Vitamin B12 is important for proper red blood cell formation.
- Not eating enough can cause anemia, weakness, irritability, and loss of appetite.

FOLIC ACID

25% or 1/4 of your daily recommended folic acid

How do you get them?

Green Leafy Vegetables
1/2-1 cup, cooked
Avocado, Asparagus
1/2 cup



Fortified Cereals
1 cup

Rice, White
1/2 cup, cooked



VITAMIN B12

Eating one serving of these foods will give you your recommended vitamin B12

Beef or beef liver
3 ounces, cooked

Fortified Cereals
1 cup

Clams, Trout, Salmon and Tuna
3 ounces

How do you get them?



Source: <https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>
<https://ods.od.nih.gov/factsheets/VitaminB6-HealthProfessional/>

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