**VITAMIN B₁₂**

**Why do I need it?**
- Helps make ATP which is energy!
- Prevents folate deficiency

**Where can I get it?**
- Shellfish, fish, beef, poultry, yogurt, cottage cheese, fortified cereals
- Vegans and possibly vegetarians should talk to their medical provider about taking a supplement and/or try to eat foods fortified with vitamin B₁₂.

Sourced from: McGuire, M. and Beerman, K. Nutritional Sciences: From Fundamentals to Food