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VITAMIN B12



Rich Foods to Include in Your Diet

TOP 5 FOODS THAT ARE HIGH IN VITAMIN

1. ANIMAL LIVER

Animal liver and kidneys, especially from lamb, are found to be highly rich in vitamin B12.



2. SALMON

This food is high in omega-3 fatty acid, Also it is a great source of B vitamins.



3. DAIRY PRODUCTS

Dairy products such as Milk, Yogurt, Cheese are great sources of proteins, vitamins and minerals.



4. BEEF

No Doubt, that beef is one of the best sources of B vitamins, including vitamin B12.




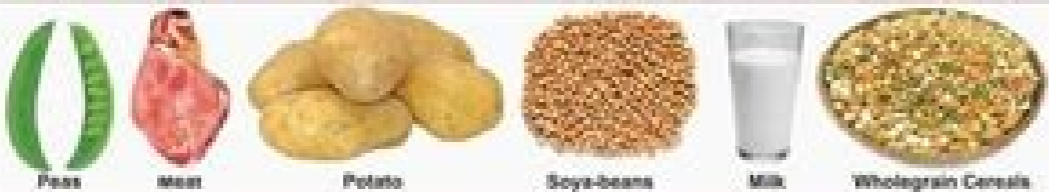

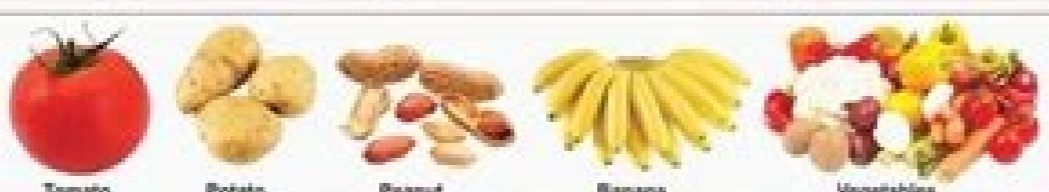





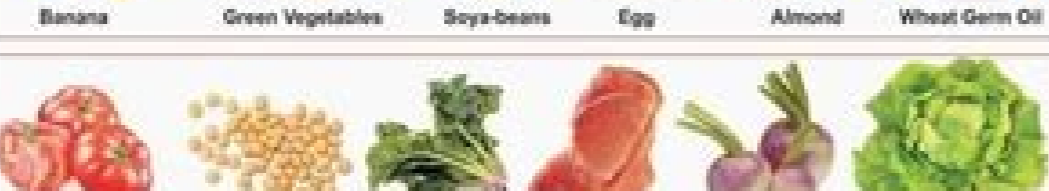
5. EGGS

Just like beef, Eggs are also great source of B vitamins, especially B12 & B2.



HEALTHY FOOD

VITAMIN CHART

VITAMIN A (FAT SOLUBLE) FOR Normal Growth and Development, Normal Night Vision & Healthy Epithelium, Anti-oxidative. Deficiency leads to: Retarded Growth, Night Blindness, Dryness of Skin, Dry Itchy Skin, Cornea, Blepharitis, Dermatitis, Xerophthalmia.	
VITAMIN B1 (WATER SOLUBLE) FOR Growth, Appetite, Normal Intestinal Function, Nerve and Muscle Function. Deficiency leads to: Beriberi, Loss in Weight, Loss of Appetite, Emaciation, Oedema, Cardiovascular Neuropathy.	
VITAMIN B2 (WATER SOLUBLE) FOR Growth, Healthy Skin, Mouth & Eyes. Deficiency leads to: Retarded Growth, Dry Mouth, Photophobia, Keratitis, Blepharitis, Tongue, Perosis, Dermatitis.	
VITAMIN B (P.P. FACTOR) (WATER SOLUBLE) FOR Proper Carbohydrate Metabolism, Nervous System. Deficiency leads to: Pellagra, Glossitis, Dermatitis, Psychosis, Diarrhoea.	
VITAMIN B6 (WATER SOLUBLE) FOR Proper Metabolism of Amino Acids, Disease Resistance, Anti-Emetic. Deficiency leads to: Anemia, Atrophic Glossitis, Dermatitis, Poor Resistance against Diseases.	
VITAMIN B12 (WATER SOLUBLE) FOR Red Blood Cells, Nervous System, Healthy Nervous Tissue. Deficiency leads to: Pernicious Anemia.	
VITAMIN C (WATER SOLUBLE) FOR Healthy Growth, Good Gum & Teeth, Sound Blood Vessels, Rapid Healing, Resistance against Flu & Colds. Deficiency leads to: Scurvy, Swollen Gums, Bleeding of Blood Capillaries.	
VITAMIN D (FAT SOLUBLE) FOR Proper Utilization of Calcium & Phosphorus, Formation of Bones and Teeth. Deficiency leads to: Rickets, Poor Growth, Weak Teeth & Bones, Tooth Decay.	
VITAMIN E (FAT SOLUBLE) FOR Normal Reproduction. Deficiency leads to: Stinky, Muscular Paralysis.	
VITAMIN K (FAT SOLUBLE) FOR Normal Blood Coagulation, and Liver Functioning. Deficiency Leads to: Haemorrhage.	

Vitamin B1

Foods High in Vitamin B1



PORK

Riboflavin in 100g
1.4 mg (117% DV)



TROUT

Riboflavin in 100g
0.120 mg (10% DV)



PISTACHIO

Riboflavin in 100g
0.84 mg (70% DV)



BRAZIL NUTS

Riboflavin in 100g
0.617 mg (51% DV)



PEANUTS

Riboflavin in 100g
0.18 mg (15% DV)



SUNFLOWER SEEDS

Riboflavin in 100g
1.48 mg (123% DV)



WHOLEMEAL BREAD

Riboflavin in 100g
0.1mg (8% DV)



GREEN PEAS

Riboflavin in 100g
0.266 mg (23% DV)



ASPARGUS

Riboflavin in 100g
0.143 mg (12% DV)



BRUSSELS SPROUTS

Riboflavin in 100g
0.139 mg (11% DV)



CABBAGE

Riboflavin in 100g
0.061 mg (5% DV)



OATMEAL

Riboflavin in 100g
0.763 mg (64% DV)



ORANGES

Riboflavin in 100g
0.087 mg (7% DV)



PECANS

Riboflavin in 100g
0.087 mg (7% DV)

Great Sources of Vitamin B2

This vitamin is important to include in our diet because:

- Supports cellular energy production.
- Helps to maintain a good supply of other B vitamins.
- Aids in metabolizing fat in our bodies.
- Keeps our eyes and vision healthy, especially with sensitivity to light.
- Promotes beautiful skin, hair, and nails.

Get it from the following foods:

		
Spinach	Tomatoes	Cabbage
		
Summer Squash	Eggs	Brussels Sprouts
		
Crimini Mushrooms	Raspberries	Broccoli

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Vitamin b1 foods keto. Vitamin b1 foods for vegetarians. Vitamin b1 foods in hindi. Vitamin b1 foods in india. Vitamin b1 foods in tamil. Vitamin b1 foods for dogs. Vitamin b1 foods in telugu. Vitamin b1 foods examples.

They help convert carbohydrates, fats and protein to energy, or glucose. Vitamins are necessary to keep the fangado, skin, hair and eyes healthy. You can learn more about how we guarantee that our containment is precise and current, reading our editorial poetry. Since vitamin B1 is solid in water, it dissolves in the cooking water. Animal studies have shown this relationship. Testing a diagnosed thiamine deficient disabilities using a fanic exam, looking for questions such as behavioral or mobility changes, as well as laboratory tests to confirm. The corn tests are not confirmed to measure those of thiamine, nor are the direct blood tests of the women of thiamine. This deficient is known as beeriberi if it is severe and chronic. This article examines thiamine functions, signs and symptoms of disabilities, and how to make sure you are receiving enough of this essential nutrient in your diet. In Pinterestior + Lone / StockSythiamine is a vitamin that your body needs growth, development and cellular function, in addition to converting food into energy (1). However, they may be a privacy symptom, even in mild cases of thiamine disabilities, so it is important to lead them to the river (8, 22, 23) .8. Some of the most common risk factors for thiamine deficiency include (1, 2, 11, 27): Long-term dependent on a parenteral nutrition agency, or a way to receive nutrients Using an IV in the blood of the caronically high highlights of vomits of aacar, such as anorexia nervosa or bulimia nerve surgery or bulimia in polished rice or processed bouncing à € -that is not tioineinesis , used to treat renalshigh dose use (medications used to treat the ability to absorb vitamins and and breastfeeding or people Chestfeeds, well Individuals with hyperactive thygoing, may also have a greater risk of thiamine deficiency due to their increased needs for nutrient (11). Additively, babies that are extremely breastfed by the disabled parents in thiamine are at greater risk of deficiencia (27). It is rare in highly industrialized countries, with access to food and rich supplements in thiamine. The true deficiency of thiamine is rare among healthy individuals à €

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