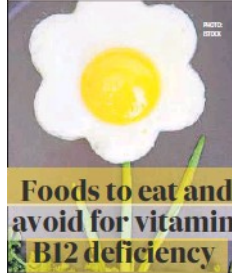


# Foods to eat and avoid for vitamin B12 deficiency

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Vitamin B12 is a crucial water-soluble vitamin that the human body needs for muscle health, effective brain function and also the production of red blood cells.



In cases when levels of the vitamin B complex become too low to satisfy the strain of the body, it leads to a deficiency or insufficiency. Here are some foods that you should eat to ensure there's no vitamin B12 deficiency:

Nutritionist Shweta Shah says, "One can avoid vitamin B12 deficiency by eating enough meat, seafood, dairy products, yogurt, cheese, tofu, coconut, cereals, soy, and eggs. It's also available in small amounts in bananas, apples, berries, nuts and seeds."

Vegans and vegetarians should include spinach and beetroot, a powerhouse of nutrients and iron in their diets. One can also have chickpeas, a healthy substitute for those who don't eat nonvegetarian foods.

There are certain foods that also need a cut-down for this deficiency. "Some foods and drinks can interfere with vitamin B complex intake, such as alcohol, caffeine, and processed foods etc. should be avoided completely," Shah adds.