



### Pregnant women need vitamin B12

If you don't get enough vitamin B12, you could get vitamin B12 anemia. A deficiency in vitamin B12 can also damage your nervous system.

Vitamin B12 is found in animal foods such as meat, milk, and eggs. If you don't eat these foods, talk to your health care provider; you may need more vitamin B12.

### How can I get more vitamin B12?

- Eat animal foods like milk, cheese, eggs, or meat.
- Eat soy foods fortified with vitamin B12 such as some kinds of tofu. Read the label to be sure it has B12.
- Ask your health care provider if you should take vitamin B12 pills or shots.

### If you don't eat animal products:

- You need to take a vitamin B12 supplement; ask your health provider.
- Tempeh, miso, sea vegetables, and other plant foods are not reliable sources of vitamin B12.
- Use vitamin B12 fortified soymilk, vitamin B12 fortified meat analogues (food made from wheat gluten or soybeans to resemble meat, poultry, or fish), vitamin B12 fortified energy bars, and vitamin B12 supplements.
- Use nutritional yeast such as Vegetarian Support Formula (Red Star T-6635+).
- Talk to a registered dietitian to make sure you are getting the vitamin B12 you and your baby need.