

TOP15 ALIMENTI CHE CONTENGONO VITAMINA B12



**FEGATO
DI MANZO**

65 µg

1



CAVIALE

20 µg

2



SGOMBRO

19 µg

3



OSTRICA

15 µg

4



ARINGA

8,5 µg

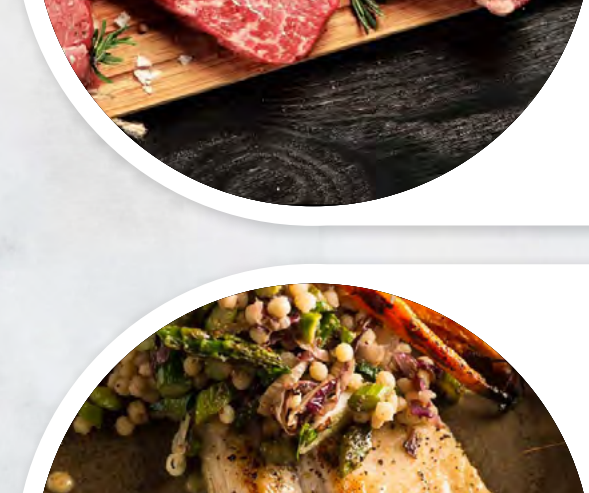
5



**CARNE DI
MANZO (MAGRA)**

5 µg

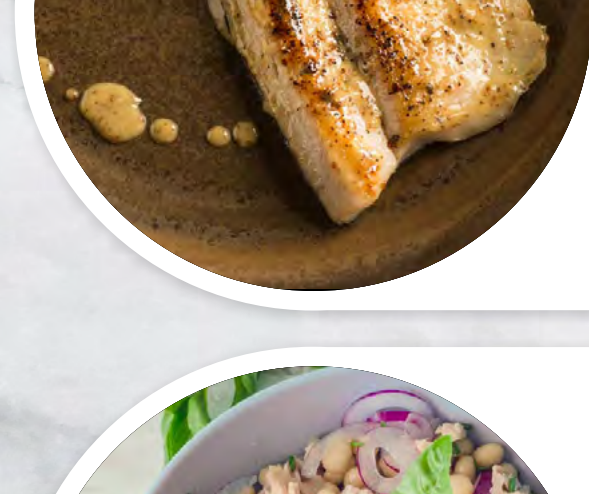
6



TROTA

4,5 µg

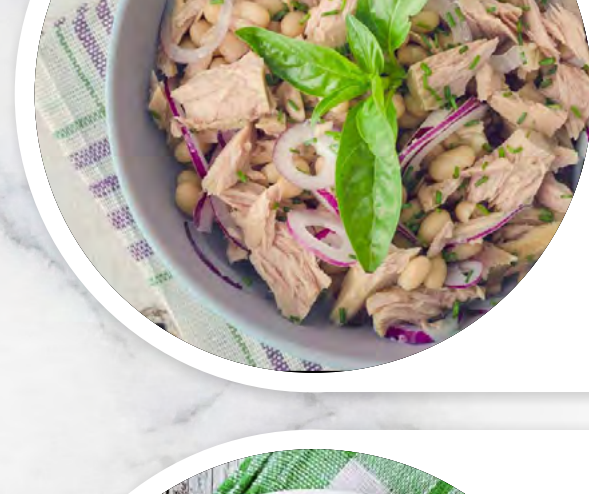
7



TONNO

4,3 µg

8



EMMENTALER
BRANZINO

3,7 µg

9



EMMENTALER

3,1 µg

10



CAMEMBERT

3,1 µg

11



UOVA

1,8 µg

12



PLATESSA

1,5 µg

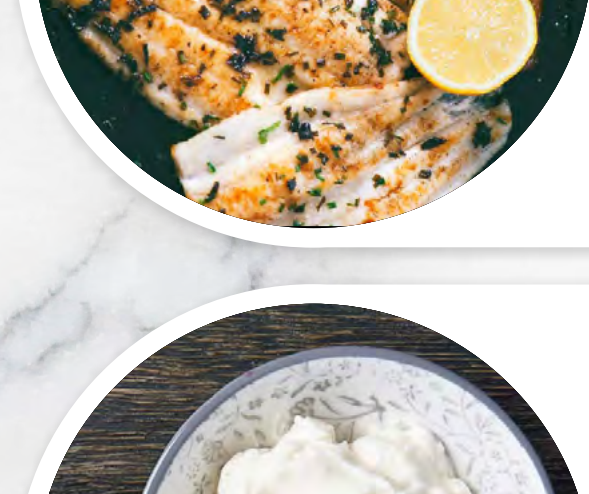
13



**FORMAGGIO
SPALMABILE**

0,8 µg

14



**FIOCCHI
DI LATTE**

0,7 µg

15

I valori possono variare a seconda della qualità e della preparazione degli alimenti.

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