



## DIETARY INTAKE OF VITAMIN B12

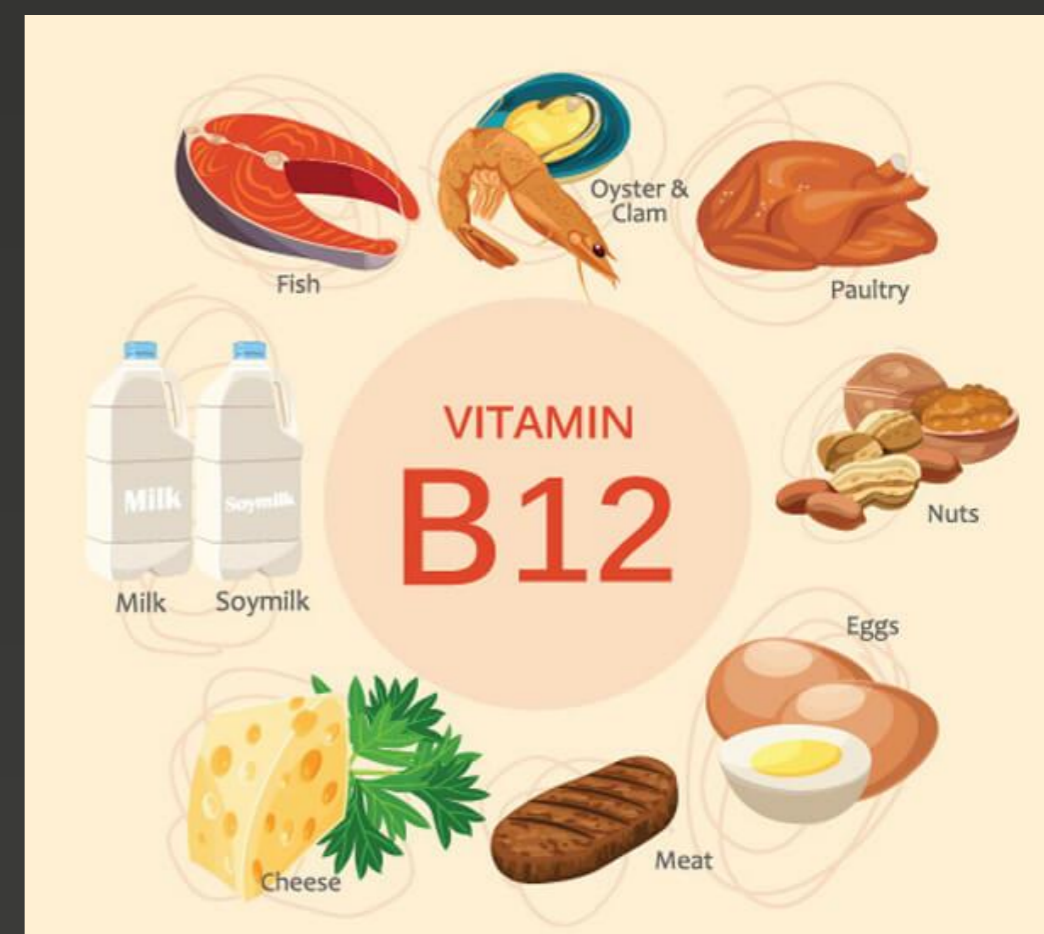
Mirjana M. Đermanović<sup>1,2</sup>, Branislav Zeljković<sup>1</sup>, Ljubica Bojanić<sup>1,2</sup>

<sup>1</sup> Institut za javno zdravstvo Republike Srpske, Banja Luka, Bosna i Hercegovina

<sup>2</sup> Medicinski fakultet - Studijski program Farmacija, Univerzitet u Banjoj Luci, Bosna i Hercegovina

### INTRODUCTION:

Vitamin B12, also known as cobalamin, is an important water-soluble vitamin. It plays an essential role in the production of red blood cells and DNA, as well as the proper functioning of nervous system. Vitamin B12 is naturally found in animal foods, including meats, fish, poultry, eggs and dairy. However, it can also be found in products fortified with B12, such as some varieties of bread and plant-based milk.



### METHODS AND AIM:

The aim of this study was to analyse the dietary intake of vitamin B12. 100 respondents participated in this research, of which 78 were female and 22 male. Respondents ranged in age from 16 to 31, with 92% of respondents being within 20-27 years. Respondents were asked to fill semi-quantitative food frequency questionnaire, consisting of foods considered to be the best dietary sources of vitamin B12, i.e. meat, fish, milk and products, and eggs.

### RESULTS:

Median intake of vitamin B12 is the result is expressed in  $\mu\text{g}/\text{day}$ . Respondents got most of their intake of B12 from meat. Gender significantly affected vitamin B12 intake in both regions. Young people from the Banja Luka region who participated in this survey in a large percentage (83%) consume enough vitamin B12 from food.

Food	
Meat	32.94%
Fish	23.27%
Egg	24.11%
Grain	2.46%
Milk	17.22%
Total	100.00%

### CONCLUSION:

-Better dietary habits of respondents were positively correlated with B12 intake.

