

Diana Stobo

EATING FOR HEALTH, VIBRANCE AND BEAUTY

# Healthy B12 “Shots”

*Prevent Vitamin B12 Deficiency Through Diet*

Vitamin B12 is essential to our health. Our bodies can't function properly without it. Because it is mainly provided by meat, fish, and eggs, vegans and vegetarians can find themselves deficient in this and other B vitamins.

If you are deficient in B12, you can have anemia, fatigue, weakness, constipation, blurred vision, reduced appetite, and weight loss. You can also get numbness or tingling in your hands and feet, problems with balance, poor memory, or sore mouth or tongue. Basically, if you have trouble getting through the day without needing a nap, you may be deficient.

Use this guide to learn about how to get enough B12 plus get some great new B12-rich recipes.





EATING FOR HEALTH, VIBRANCE AND BEAUTY

## Why B12 Matters

---

Your body uses vitamin B12 for red blood cell formation and healthy neurological function. The recommended daily allowance of B12 for adults is 2.4 mcg (source: National Institutes of Health, Office of Dietary Supplements at <http://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>).

The challenge for vegetarians or vegans is that B12 is not abundant in plants. Unless you make a conscious effort to add B12 to your diet, you will eventually become deficient.

If your reasons for not eating meat are health reasons and you have no objection to indulging once in a while, an occasional serving of fish or shellfish is a great way to make sure you get enough (wild fish only, not farm raised).

Nutritional yeast is the next best source, especially B12-fortified yeast like Red Star Vegetarian Support Formula.

B12-fortified foods, like cereal, are also a good choice.

Lastly, if you don't want to add meat or eggs to your diet and if plant sources are not enough, you may need a B12 supplement. It is light sensitive, so keep it in the refrigerator where it is cool and dark. Take it separately and not as part of a multivitamin because other vitamins can interfere with absorption.

# Diana Stobo

EATING FOR HEALTH, VIBRANCE AND BEAUTY

## Plant Sources of B12

Nutritional yeast, fortified

Nori seaweed

Spirulina

Dulse seaweed, known as "sea lettuce"

Kelp

## Meat and Fish Sources of B12

Clams

Wild rainbow trout

Sockeye salmon

Tuna fish

Haddock

Eggs



# Diana Stobo

EATING FOR HEALTH, VIBRANCE AND BEAUTY

## Naked Dishes With B12

---

### Seaweed Wrap

Made with raw nori sheets and a homemade ponzu sauce. Recipe available in this video on YouTube.

<http://www.youtube.com/watch?v=4eSDiuz4tIs&feature=relmfu>

### Cold Sesame Noodles

Make it with kelp pasta for added B vitamins. Recipe in the Naked Zone < Naked Recipes.

### Parmesan Kale Chips

<http://rawfoodsdiana.com/kale-parmesan-chips>

Crispy dried kale chips with a sprinkle of nutritional yeast.

### Nacho Cheese Kale Chips

A variation of Parmesan Kale Chips with a kick. Recipe in the Naked Zone < Naked Recipes.



# Diana Stobo

EATING FOR HEALTH, VIBRANCE AND BEAUTY

## Fiesta Bowl

The cheesy fiesta sauce is rich in B12. Recipe in the Naked Zone<Naked Recipes.

## Lemony Kale Pesto

<http://rawfoodsdiana.com/lemony-kale-pesto>

Kale finely chopped and mixed with lemon, pecans, and nutritional yeast.



## Cheesy Cauliflower Soup

Veggie broth, cauliflower, and nutritional yeast make this thick and satisfying soup. Recipe in the Naked Zone<Naked Recipes.

# Diana Stobo

EATING FOR HEALTH, VIBRANCE AND BEAUTY

## Jalapeno Red Pepper Cheese

Spicy and cheesy, but with no dairy. Recipe in the Naked Zone < Naked Recipes.

## Jicama Chili Cheese Fries\*

A spicy cheesy coating makes raw jicama delicioso. Watch a demonstration on YouTube.

<http://www.youtube.com/watch?v=IVjSMjvBWJg>





EATING FOR HEALTH, VIBRANCE AND BEAUTY

## Non-Vegan, Non-Raw Dishes With B12

---

### Egg and Tuna Salad Wrap

Lean protein, good fats, and crunchy veggies — perfect.

#### Ingredients

- 1 whole leaf of leaf lettuce
- 1 slice of tomato
- 1 can light tuna in water
- 2 hard-boiled eggs, peeled, rinsed, and chopped
- 1 cup celery, finely diced
- 1 tablespoon Vegenaïse
- 1 tablespoon Dijon mustard
- 1 cup cabbage, shredded



#### Directions

Lay lettuce or cabbage on a clean surface. Place a slice of tomato on top. Mix the tuna, eggs, celery, Vegenaïse, and mustard in a bowl. Place about 1 cup of the mixture on the tomato. Sprinkle with shredded cabbage and top with a little salt and pepper, if desired. Wrap the leaf around the toppings and eat like a burrito.

# Diana Stobo

EATING FOR HEALTH, VIBRANCE AND BEAUTY

## Tuna Tacos

Easy and really tasty. Makes 2 servings.

### Ingredients

- ½ avocado diced
- 1 tomato, diced
- 6 romaine heart lettuce, bibb, or cabbage leaves
- 1/c cup diced red onion
- 1 can albacore tuna in water
- 1 can black beans or lentils
- ½ cup chopped cilantro
- 2 tablespoons Vegan mayonnaise
- 2 teaspoons Dijon mustard
- 1 teaspoon ground cumin



### Directions

Mix tuna, beans, cilantro, mayo, mustard and cumin together,  
Place ¼ cup of tuna mixture in a crisp Romaine Heart. Top with diced avocado, tomato, and red onion.



# Diana Stobo

EATING FOR HEALTH, VIBRANCE AND BEAUTY

## Veggie Egg Pockets

This is a great breakfast option for hearty breakfast eaters. Kohlrabi and celery root each have thick skin that can be eaten, but it's better to peel or cut off the skin before dicing. For a lighter version, eat without the pita bread and wrap in romaine lettuce.

Makes one serving.

### Ingredients

1–2 sprouted grain pita pockets  
2 eggs  
½ cup onion, diced (about ½ onion)  
½ cup kohlrabi, fennel bulb, or celery root, diced (about ½ bulb or root)  
2 cups spinach, shredded  
1 medium tomato, diced  
½ avocado, diced  
1 tablespoon ghee  
Sea salt  
Black pepper



### Directions

Sauté onion and kohlrabi (or fennel or celery root) in ghee until tender. Stir in the scrambled eggs and cook, stirring often until eggs are just set. Add spinach and briefly sauté until wilted. Add tomato and avocado until heated, and then season with salt and pepper to taste. Cut pita pocket in half, toast lightly, then fill each half with Veggie Hash.

# Diana Stobo

EATING FOR HEALTH, VIBRANCE AND BEAUTY

## Marinated Fish Kabobs

The scrumptious marinade puts this recipe over the top. Makes 3 servings.



### Ingredients

- 1½ lb firm white fish (sea bass, halibut, snapper)
- ¼ cup extra virgin olive oil
- ½ cup chopped yellow onion
- 2 tablespoons cup freshly squeezed lime juice
- ½ cup fresh minced cilantro
- 1 crushed garlic clove
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 inch cut zucchini, red onion, red bell pepper, or mushrooms (whatever veggies you like to add to kabobs)



EATING FOR HEALTH, VIBRANCE AND BEAUTY

### Directions

Cut the fish or chicken into 1½-inch chunks for skewering.

In a blender add olive oil, lime juice, cilantro, onion, crushed garlic, salt, and pepper.

Place fish or chicken in a glass dish. Pour marinade over the meat and stir to coat.

Cover with plastic wrap. Place in the refrigerator and let the meat marinate for 30 minutes. If using wood skewers, soak them in water while the fish is marinating. This will keep them from burning on the grill.

Preheat your grill. Skewer the meat and veggies, evenly divided between four wooden skewers.

Generously grease the grill. Place the skewers on the grill and cook for about 10 minutes total, turning once during cooking, till the edges are browned and the fish is cooked through. A bit of the fish might stick to the grill — the less you turn them, the less this will happen.

Chicken takes longer to grill. Cook chicken skewers for 8 minutes on each side, 16 minutes total

# Diana Stobo

EATING FOR HEALTH, VIBRANCE AND BEAUTY

## Information Sources

<http://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>

[http://www.ehow.com/how\\_2302572\\_eat-seaweed-treat-anemia.html](http://www.ehow.com/how_2302572_eat-seaweed-treat-anemia.html)

<http://www.veganhealth.org/articles/everyvegan#is>

<http://www.veganhealth.org/b12/vegansources>