



B Sharp

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Vitamin B-12 enjoyed another shining moment in the spotlight when a small study published in the September issue of *Neurology* linked low blood levels of the vitamin to quicker loss of brain mass (and function) in older people. Many positive people already take B-12—in pills or shots—for extra energy and other benefits. For best results, get B-12 from meals as well as supplements. Add these foods rich in B-12 to your shopping list:

shellfish—especially clams, mussels, crabs and oysters

beef liver

fortified breakfast cereals

fish—especially trout, sockeye salmon, haddock, herring, sardines, mackerel and canned tuna

sirloin steak and hamburgers

yogurt

soy-based meat substitutes

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<http://beta.docker.poz.com/article/vitamin-brain-health-15652-3526>