

Healthy Living Focus

Vitamin B12



Hello, and welcome to the Healthy Living Focus. In this edition we are looking at the role of vitamin B12. We know it is important to eat a varied diet to get enough essential vitamins and minerals, but often people may find themselves lacking in certain vitamins, and vitamin B12 is no exception. We will look at why we need vitamin B12, how to increase it in the diet, and discuss the health benefits of enjoying a diet rich in vitamin B12.

What is Vitamin B12?

Vitamin B12 is naturally found in animal products, including fish, meat, poultry, eggs, milk, and milk products and some breakfast cereals. Vitamin B12 is required for the function and development of many parts of the body, including the brain, nerves, and blood cells.

Health Benefits of Vitamin B12

- ✓ Protects against heart disease
- ✓ Essential part of overall health
- ✓ Boost energy levels
- ✓ Reduces depression
- ✓ Good for brain health
- ✓ Good for digestive health

Foods high in vitamin B12

Tinned pilchards, salmon, tuna and sardines
 Liver and kidneys
 Chicken breast, legs and thighs
 Beef (roast beef, steak or stewing steak)
 All types of fish
 Ham
 Plain yoghurt
 Cheese
 Cottage cheese
 Milk
 Oats
 Cereals such as Weetabix and shredded wheat
 Eggs

Heart Health

Vitamin B12 can help to lower cholesterol levels as well as help to maintain healthy blood pressure.

The best way to ensure a healthy heart is to eat a healthy diet, which will naturally include plenty of vitamins and minerals, B12 included!

Healthy Living Goal

Why not try one of our lunch ideas for a mid week healthy lunch this week?

Tasty lunch ideas rich in Vitamin B12

- ✓ Jacket potato with tuna with cottage cheese.
- ✓ Scrambled egg with baked beans and slices of thick ham.
- ✓ A beef steak with microwave steam cooked vegetables
- ✓ Cooked chicken drumsticks or hard boiled eggs make a great snack.



Visit <https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-b/> for further information and advice on vitamin B12.

RECIPE OF THE WEEK

Easy Shepherds Pie



Ingredients

1 large onion, chopped
2-3 medium carrots,
chopped
500g pack lamb mince
2 tbsp tomato purée
large splash
Worcestershire sauce
500ml reduced salt beef
stock
900g potatoes, peeled and
cut into chunks
85g low fat butter
3 tbsp semi skimmed milk

Method

1. Heat 1 tbsp sunflower oil in a medium saucepan, then soften the chopped onion and carrots for a few mins.
2. When soft, turn up the heat, add in 500g lamb mince and brown, tipping off any excess fat.
3. Add 2 tbsp tomato purée and a large splash of Worcestershire sauce, then fry for a few mins.
4. Pour over 500ml beef stock, bring to a simmer, then cover and cook for 40 mins, uncovering halfway.
5. Meanwhile, heat the oven to 180C/fan 160C/gas 4, then make the mash. Boil the potato chunks in water for 10-15 mins until tender. Drain, then mash with 85g butter and 3 tbsp milk.
6. Put the mince into an ovenproof dish, top with the mash and ruffle with a fork.
7. Bake for 20-25 mins until the top is starting to colour and the mince is bubbling through at the edges
8. Leave to stand for 5 mins before serving.

Healthy Living Tips

This dish can be stored in the freezer for one month, simply allow to cool after step 6, wrap tightly with cling film and pop into the freezer. Defrost fully before cooking, and then follow above cooking instructions.

Meet our Healthy Living Coordinator, Claire. Who is responsible for our newsletter and healthy living project.

If you have any queries, would like to suggest a feature for our future newsletters, or would like support and advice around issues raised here, please contact Claire at healthyliving@nortonhousingandsupport.org.uk

