

Table 5 Food consumption and serum vitamin B<sub>12</sub> levels

Variable	Total (n = 838)	Normal B <sub>12</sub> (n = 177)		B <sub>12</sub> hypovitaminosis (n = 287)		B <sub>12</sub> deficiency (n = 374)		P-value
	No.	No.	%	No.	%	No.	%	
Meat <sup>a</sup>								
Daily	67	15	22.4	23	34.3	29	43.3	0.02
1–3 times/week	608	137	22.5	218	35.9	253	41.6	
< 2 times/month	163	25	15.3	46	28.2	92	56.4	
Chicken <sup>a</sup>								
Daily	79	19	24.1	25	31.6	35	44.3	0.44
1–3 times/week	681	143	21.0	241	35.4	297	43.6	
< 2 times/month	78	15	19.2	21	26.9	42	53.8	
Eggs <sup>b</sup>								
Daily	98	27	27.6	30	30.6	41	41.8	0.20
1–3 times/week	472	105	22.2	158	33.5	209	44.3	
4+ times/week	268	45	16.8	99	36.9	124	46.3	
Dairy products								
Daily	443	97	21.9	151	34.1	195	44.0	0.92
1–3 times/week	237	50	21.1	83	35.0	104	43.9	
< 2 times/month	158	30	19.0	53	33.5	75	47.5	
Strict vegetarian								
No	785	166	21.1	278	35.4	341	43.4	0.01
Yes	53	11	20.8	9	17.0	33	62.3	

<sup>a</sup>1 serving = approximately 70 g.<sup>b</sup>1 serving = 1 egg.