CHAPTER V

CONCLUSION

In the present study, Vitamin B_{12} concentration were determined in some Thai foods by using radioisotope dilution method.

Among the animal protein, the liver was found to be the richest source of Vitamin B_{12}. Meat and sea food contained nearly the same amount of Vitamin B_{12} but much lower than liver. In sea foods, clams had a high content of Vitamin B_{12}. Fresh water fish contained Vitamin B_{12} in variation concentration. The eggs of chicken, duck, turtle and fishes were found a considerable of Vitamin B_{12}.

Human milk contained Vitamin B_{12} less than 1 ug per litre and the content of Vitamin B_{12} in cow's milk appeared to be the higher values.

Vegetables, fruits, oil were proved to be absent from Vitamin B_{12}. The source of Vitamin B_{12} may be summarized briefly in Table 21.

Table 21 The source of Vitamin B_{12}.

Best Source (µg/100 gm)		Intermediate Source (µg/100 gm)		Poor Source (µg/100 gm)	
Liver	40	Meat, Beef, Pork	5.2	Green Vegetable	0
Kidney	12	Egg Yolk	1.2	Egg White	0.003
Clams	5.4	Fish	1.1	Fruit	0
Fermented food	5.38	Shrimp	1.6	Cereal & Cereal Product	0
		Crab	1.4	Sugar & oil	0
		Dairy Products	0.44		

At the present, there is little evidence that Vitamin B_{12} deficiency anemia represents an important public health problem in Thailand. However, subjects living on a purely vegetarian diet are largely dependent on Vitamin B_{12} from the contamination of food and drink. Education aimed at encouraging the consumption of animal foods containing Vitamin B_{12} is unlikely to meet with much success for religions, sentimental, or financial reason.

It is hope that the results of this study could be a guide in food consumption to increase the daily intake of Vitamin B_{12} in Thai people.