

Vitamin B1, also known as Thiamine, is essential for energy metabolism, nerve function, and muscle health. A deficiency in B1 can lead to conditions like beriberi and Wernicke-Korsakoff syndrome.

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Top 15 Animal-Based Sources of Vitamin B1

Animal Product	Vitamin B1 (mg per 100g)
Pork (Lean, Cooked)	0.87 mg
Beef (Cooked)	0.07 mg
Chicken (Cooked, Dark Meat)	0.11 mg
Turkey (Cooked)	0.12 mg
Tuna (Cooked)	0.13 mg
Eggs	0.02 mg
Milk (Whole)	0.04 mg
Cheddar Cheese	0.03 mg
Trout (Cooked)	0.45 mg
Salmon	0.21 mg
Liver (Beef, Cooked)	0.31 mg
Mussels (Cooked)	0.15 mg
Lamb (Cooked)	0.10 mg

Animal Product	Vitamin B1 (mg per 100g)
Yogurt (Plain, Whole Milk)	0.05 mg
Sardines (Canned in Oil)	0.08 mg

Top 15 Plant-Based Sources of Vitamin B1

Plant Source	Vitamin B1 (mg per 100g)
Sunflower Seeds	1.48 mg
Flaxseeds	1.64 mg
Macadamia Nuts	1.20 mg
Lentils (Cooked)	0.17 mg
Black Beans (Cooked)	0.21 mg
Brown Rice (Cooked)	0.15 mg
Green Peas (Cooked)	0.28 mg
Oats (Cooked)	0.14 mg
Asparagus (Cooked)	0.15 mg
Brussels Sprouts	0.09 mg
Spinach (Cooked)	0.10 mg
Potatoes (Baked with Skin)	0.11 mg
Acorn Squash (Cooked)	0.17 mg
Sweet Corn (Cooked)	0.16 mg
Oranges (Fresh)	0.09 mg

Whole Grains and Fortified Foods

Food	Vitamin B1 (mg per 100g)
Whole Wheat Bread	0.50 mg
Brown Rice (Cooked)	0.15 mg
Fortified Cereals	1.2 – 1.5 mg
Oatmeal (Instant, Fortified)	0.36 mg
Quinoa (Cooked)	0.20 mg

Food	Vitamin B1 (mg per 100g)
Barley (Cooked)	0.12 mg
Wheat Germ	1.88 mg
Whole Grain Pasta	0.16 mg

Nuts, Seeds, and Legumes

Food	Vitamin B1 (mg per 100g)
Pistachios	0.87 mg
Peanuts (Raw)	0.90 mg
Cashews (Roasted)	0.63 mg
Chickpeas (Cooked)	0.17 mg
Kidney Beans (Cooked)	0.15 mg
Pumpkin Seeds	0.27 mg
Almonds	0.21 mg
Hazelnuts	0.43 mg

Fruits High in Vitamin B1

Fruit	Vitamin B1 (mg per 100g)
Mango	0.03 mg
Pineapple	0.08 mg
Grapes	0.07 mg
Avocado	0.07 mg
Blueberries	0.05 mg
Bananas	0.04 mg

Recommended Daily Intake (RDI)

- Men (19+ years): 1.2 mg/day

- Women (19+ years): 1.1 mg/day
- Pregnant Women: 1.4 mg/day
- Children (1-8 years): 0.5 – 0.6 mg/day

Health Benefits of Vitamin B1

- Energy Production – Helps convert carbohydrates into energy.
- Nerve Function – Essential for proper nerve and muscle function.
- Heart Health – Supports healthy cardiovascular function.
- Brain Function – Promotes mental clarity and prevents memory loss.

Tips for Maximizing Vitamin B1 Intake

1. Avoid Overcooking – Vitamin B1 is water-soluble and sensitive to heat. Light steaming is best.
2. Include Fortified Grains – Opt for cereals, bread, and pasta enriched with thiamine.
3. Eat Whole Foods – Whole grains, nuts, and seeds retain more thiamine than refined products.
4. Diversify Protein Sources – Include both plant-based and animal-based proteins for a well-rounded intake.

Did You Know?

- Pork is one of the richest sources of Vitamin B1!
- Alcohol consumption can deplete Vitamin B1, increasing the risk of deficiency.
- Whole grains provide significantly higher B1 levels than processed grains.