

Vitamin B3, or Niacin, is vital for energy production, DNA repair, and reducing cholesterol levels. It also plays a role in maintaining healthy skin, nerves, and digestion.

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# Top 15 Animal-Based Sources of Vitamin B3

| Animal Product           | Vitamin B3 (mg per 100g) |
|--------------------------|--------------------------|
| Chicken Breast (Cooked)  | 14.8 mg                  |
| Turkey (Cooked)          | 12.5 mg                  |
| Beef (Cooked, Lean Cuts) | 8.5 mg                   |
| Pork Chops (Cooked)      | 10.9 mg                  |
| Tuna (Cooked)            | 22.1 mg                  |
| Salmon (Cooked)          | 8.6 mg                   |
| Lamb (Cooked)            | 7.8 mg                   |
| Mackerel (Cooked)        | 7.4 mg                   |
| Ground Beef (Cooked)     | 4.6 mg                   |
| Chicken Liver (Cooked)   | 11.3 mg                  |
| Cod (Cooked)             | 2.5 mg                   |
| Eggs (Boiled)            | 0.1 mg                   |
| Shrimp (Cooked)          | 2.7 mg                   |
| Milk (Whole, 1 cup)      | 0.2 mg                   |

| Animal Product             | Vitamin B3 (mg per 100g) |
|----------------------------|--------------------------|
| Yogurt (Plain, Whole Milk) | 0.3 mg                   |

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## Top 15 Plant-Based Sources of Vitamin B3

| Plant Source                | Vitamin B3 (mg per 100g) |
|-----------------------------|--------------------------|
| Peanuts (Roasted)           | 13.5 mg                  |
| Sunflower Seeds             | 8.3 mg                   |
| Brown Rice (Cooked)         | 2.6 mg                   |
| Sweet Potatoes (Cooked)     | 1.5 mg                   |
| Lentils (Cooked)            | 1.1 mg                   |
| Green Peas (Cooked)         | 2.1 mg                   |
| Mushrooms (Portobello, Raw) | 3.9 mg                   |
| Avocados                    | 1.7 mg                   |
| Potatoes (Baked, with Skin) | 1.8 mg                   |
| Asparagus (Cooked)          | 1.1 mg                   |
| Pumpkin Seeds               | 4.5 mg                   |
| Bananas                     | 0.7 mg                   |
| Broccoli (Cooked)           | 0.6 mg                   |
| Tomatoes (Raw)              | 0.7 mg                   |
| Carrots (Raw)               | 0.6 mg                   |

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## Whole Grains and Fortified Foods

| Grain/Food        | Vitamin B3 (mg per 100g) |
|-------------------|--------------------------|
| Fortified Cereals | 20 - 25 mg               |
| Whole Wheat Bread | 4.5 mg                   |
| Oats (Cooked)     | 0.9 mg                   |
| Quinoa (Cooked)   | 1.5 mg                   |
| Barley (Cooked)   | 1.2 mg                   |
| Cornmeal (Whole)  | 3.6 mg                   |

| Grain/Food | Vitamin B3 (mg per 100g) |
|------------|--------------------------|
| Wheat Germ | 5.6 mg                   |

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## Nuts, Seeds, and Legumes

| Food                  | Vitamin B3 (mg per 100g) |
|-----------------------|--------------------------|
| Cashews (Roasted)     | 1.0 mg                   |
| Almonds               | 1.1 mg                   |
| Chickpeas (Cooked)    | 0.5 mg                   |
| Kidney Beans (Cooked) | 0.7 mg                   |
| Pistachios            | 1.3 mg                   |
| Hazelnuts             | 1.0 mg                   |

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## Fruits High in Vitamin B3

| Fruit              | Vitamin B3 (mg per 100g) |
|--------------------|--------------------------|
| Mango              | 0.7 mg                   |
| Watermelon         | 0.2 mg                   |
| Grapes             | 0.3 mg                   |
| Oranges            | 0.3 mg                   |
| Pineapple          | 0.5 mg                   |
| Apples (With Skin) | 0.1 mg                   |
| Kiwi               | 0.3 mg                   |

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## Recommended Daily Intake (RDI)

- Men (19+ years): 16 mg/day
- Women (19+ years): 14 mg/day
- Pregnant Women: 18 mg/day
- Children (1-8 years): 6 - 8 mg/day

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## Health Benefits of Vitamin B3

- Energy Production - Converts food into energy.
  - Heart Health - Helps lower LDL cholesterol and raise HDL cholesterol.
  - Skin Health - Improves skin texture and prevents acne.
  - Brain Function - Supports cognitive function and reduces mental decline.
  - Joint Health - Reduces inflammation in arthritis.
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## Tips to Maximize Vitamin B3 Absorption

1. Consume Both Animal and Plant Sources - Niacin from animal products is more readily absorbed, while plant sources provide additional fiber.
  2. Pair with Healthy Fats - Niacin absorption is enhanced when consumed with healthy fats.
  3. Cook Properly - Overcooking can reduce niacin levels in food; steaming and roasting are better options.
  4. Fortified Foods - Opt for cereals and grains fortified with niacin for higher intake.
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## Did You Know?

- Tuna and Chicken are among the best natural sources of niacin.
- Niacin deficiency can lead to pellagra, characterized by diarrhea, dermatitis, and dementia.
- Unlike other B vitamins, niacin is heat-stable, so it retains its value even after cooking.