

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.

Table of Contents



- [Top 15 Animal-Based Sources of Vitamin B3](#)
- [Top 15 Plant-Based Sources of Vitamin B3](#)
- [Whole Grains and Fortified Foods](#)
- [Nuts, Seeds, and Legumes](#)
- [Fruits High in Vitamin B3](#)
- [Recommended Daily Intake \(RDI\)](#)
- [Health Benefits of Vitamin B3](#)
- [Tips to Maximize Vitamin B3 Absorption](#)
 - [Did You Know?](#)

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

Animal Product	Vitamin B3 (mg per 100g)
Milk (Whole, 1 cup)	0.2 mg
Yogurt (Plain, Whole Milk)	0.3 mg

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

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

Grain/Food	Vitamin B3 (mg per 100g)
Cornmeal (Whole)	3.6 mg
Wheat Germ	5.6 mg

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

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

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

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.

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.

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.