

## Table of Contents



- [Top 15 Animal-Based Sources of Vitamin B5](#)
- [Top 15 Plant-Based Sources of Vitamin B5](#)
- [Whole Grains and Fortified Foods](#)
- [Nuts, Seeds, and Legumes](#)
- [Fruits High in Vitamin B5](#)
- [Recommended Daily Intake \(RDI\)](#)
- [Health Benefits of Vitamin B5](#)
- [Tips to Maximize Vitamin B5 Intake](#)
  - [Did You Know?](#)

Vitamin B5 is essential for energy metabolism, hormone production, and synthesizing coenzyme A. It also helps maintain healthy skin and supports the nervous system.

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## **Top 15 Animal-Based Sources of Vitamin B5**

| <b>Animal Product</b>      | <b>Vitamin B5 (mg per 100g)</b> |
|----------------------------|---------------------------------|
| Chicken Liver (Cooked)     | 6.2 mg                          |
| Beef Liver (Cooked)        | 5.6 mg                          |
| Turkey (Cooked)            | 1.1 mg                          |
| Pork (Cooked)              | 1.3 mg                          |
| Chicken Breast (Cooked)    | 1.6 mg                          |
| Salmon (Cooked)            | 1.9 mg                          |
| Trout (Cooked)             | 2.2 mg                          |
| Eggs (Whole, Boiled)       | 1.5 mg                          |
| Milk (Whole, 1 cup)        | 0.9 mg                          |
| Yogurt (Plain, Whole Milk) | 1.1 mg                          |
| Ground Beef (Cooked)       | 1.3 mg                          |
| Tuna (Canned in Oil)       | 0.9 mg                          |
| Lamb (Cooked)              | 1.0 mg                          |

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| <b>Animal Product</b> | <b>Vitamin B5 (mg per 100g)</b> |
|-----------------------|---------------------------------|
| Cheddar Cheese        | 0.7 mg                          |
| Shrimp (Cooked)       | 0.6 mg                          |

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## **Top 15 Plant-Based Sources of Vitamin B5**

| <b>Plant Source</b>         | <b>Vitamin B5 (mg per 100g)</b> |
|-----------------------------|---------------------------------|
| Sunflower Seeds             | 7.1 mg                          |
| Avocado (Raw)               | 1.4 mg                          |
| Mushrooms (Portobello, Raw) | 3.6 mg                          |
| Sweet Potatoes (Cooked)     | 1.1 mg                          |
| Lentils (Cooked)            | 0.6 mg                          |
| Brown Rice (Cooked)         | 0.5 mg                          |
| Broccoli (Cooked)           | 0.5 mg                          |
| Kale (Cooked)               | 0.8 mg                          |
| Corn (Cooked)               | 0.9 mg                          |
| Tomatoes (Raw)              | 0.3 mg                          |
| Spinach (Cooked)            | 0.7 mg                          |
| Cauliflower (Cooked)        | 0.7 mg                          |
| Bananas (Raw)               | 0.5 mg                          |
| Chickpeas (Cooked)          | 0.5 mg                          |
| Potatoes (Baked with Skin)  | 1.0 mg                          |

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## **Whole Grains and Fortified Foods**

| <b>Grain/Food</b> | <b>Vitamin B5 (mg per 100g)</b> |
|-------------------|---------------------------------|
| Fortified Cereals | 4 - 6 mg                        |
| Whole Wheat Bread | 0.6 mg                          |
| Oats (Cooked)     | 0.5 mg                          |
| Quinoa (Cooked)   | 0.8 mg                          |
| Barley (Cooked)   | 0.5 mg                          |

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| <b>Grain/Food</b> | <b>Vitamin B5 (mg per 100g)</b> |
|-------------------|---------------------------------|
| Wheat Germ        | 2.2 mg                          |
| Bran Flakes       | 1.5 mg                          |

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## **Nuts, Seeds, and Legumes**

| <b>Food</b>        | <b>Vitamin B5 (mg per 100g)</b> |
|--------------------|---------------------------------|
| Peanuts (Roasted)  | 2.5 mg                          |
| Cashews (Roasted)  | 1.3 mg                          |
| Almonds            | 0.5 mg                          |
| Hazelnuts          | 1.0 mg                          |
| Chickpeas (Cooked) | 0.6 mg                          |
| Pumpkin Seeds      | 0.8 mg                          |

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## **Fruits High in Vitamin B5**

| <b>Fruit</b> | <b>Vitamin B5 (mg per 100g)</b> |
|--------------|---------------------------------|
| Avocado      | 1.4 mg                          |
| Oranges      | 0.3 mg                          |
| Grapes       | 0.2 mg                          |
| Bananas      | 0.5 mg                          |
| Pomegranate  | 0.4 mg                          |
| Mango        | 0.2 mg                          |

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## **Recommended Daily Intake (RDI)**

- Men (19+ years): 5 mg/day
- Women (19+ years): 5 mg/day
- Pregnant Women: 6 mg/day
- Children (1-8 years): 2 - 3 mg/day

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## Health Benefits of Vitamin B5

- Energy Production – Converts food into usable energy.
- Skin Health – Promotes wound healing and reduces acne.
- Hormone Production – Aids adrenal glands in producing stress-related hormones.
- Brain Function – Supports memory and learning processes.
- Cholesterol Regulation – Helps lower LDL cholesterol and triglycerides.

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## Tips to Maximize Vitamin B5 Intake

1. Eat Fresh Foods – Vitamin B5 is sensitive to heat and processing.
2. Consume Whole Grains – Avoid refined grains, which lose much of their B5 content.
3. Diversify Protein Sources – Include both animal and plant-based proteins for optimal intake.
4. Incorporate Mushrooms and Seeds – These are excellent plant-based sources.

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## Did You Know?

- Sunflower seeds and liver are among the richest natural sources of Vitamin B5.
- Vitamin B5 is sometimes referred to as the “anti-stress vitamin” because it helps produce stress hormones.
- Deficiency is rare but can lead to fatigue, irritability, and muscle cramps.

Boost your energy and overall health by including these Vitamin B5-rich foods in your diet