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

Top 15 Animal-Based Sources of Vitamin B5

Animal Product	Vitamin B5 (mg per 100g)
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

Animal Product	Vitamin B5 (mg per 100g)
Cheddar Cheese	0.7 mg
Shrimp (Cooked)	0.6 mg

Top 15 Plant-Based Sources of Vitamin B5

Plant Source	Vitamin B5 (mg per 100g)
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

Whole Grains and Fortified Foods

Grain/Food	Vitamin B5 (mg per 100g)
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

Grain/Food	Vitamin B5 (mg per 100g)
Wheat Germ	2.2 mg
Bran Flakes	1.5 mg

Nuts, Seeds, and Legumes

Food	Vitamin B5 (mg per 100g)
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

Fruits High in Vitamin B5

Fruit	Vitamin B5 (mg per 100g)
Avocado	1.4 mg
Oranges	0.3 mg
Grapes	0.2 mg
Bananas	0.5 mg
Pomegranate	0.4 mg
Mango	0.2 mg

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

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