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Vitamin B6 is essential for brain development, immune function, and protein metabolism. It also plays a key role in producing neurotransmitters like serotonin and dopamine.

Top 15 Animal-Based Sources of Vitamin B6

Animal Product	Vitamin B6 (mg per 100g)
Chicken Breast (Cooked)	0.91 mg
Turkey (Cooked, Dark Meat)	0.69 mg
Beef Liver (Cooked)	0.91 mg
Pork (Cooked)	0.79 mg
Salmon (Cooked)	0.94 mg
Tuna (Cooked)	1.0 mg
Trout (Cooked)	0.55 mg
Ground Beef (Cooked)	0.42 mg
Chicken Liver (Cooked)	0.84 mg
Halibut (Cooked)	0.45 mg
Shrimp (Cooked)	0.30 mg
Eggs (Whole, Boiled)	0.12 mg
Milk (Whole, 1 cup)	0.09 mg

Animal Product	Vitamin B6 (mg per 100g)
Lamb (Cooked)	0.35 mg
Cod (Cooked)	0.25 mg

Top 15 Plant-Based Sources of Vitamin B6

Plant Source	Vitamin B6 (mg per 100g)
Sunflower Seeds (Roasted)	1.34 mg
Pistachios	1.12 mg
Bananas	0.37 mg
Avocado (Raw)	0.29 mg
Spinach (Cooked)	0.24 mg
Sweet Potatoes (Cooked)	0.29 mg
Chickpeas (Cooked)	0.53 mg
Potatoes (Baked, with Skin)	0.30 mg
Broccoli (Cooked)	0.14 mg
Carrots (Raw)	0.13 mg
Green Peas (Cooked)	0.17 mg
Tomatoes (Raw)	0.10 mg
Butternut Squash (Cooked)	0.15 mg
Brussels Sprouts (Cooked)	0.14 mg
Asparagus (Cooked)	0.12 mg

Whole Grains and Fortified Foods

Grain/Food	Vitamin B6 (mg per 100g)
Fortified Cereals	1.7 – 2.0 mg
Whole Wheat Bread	0.30 mg
Brown Rice (Cooked)	0.14 mg
Oats (Cooked)	0.12 mg
Quinoa (Cooked)	0.13 mg

Grain/Food	Vitamin B6 (mg per 100g)
Wheat Germ	0.45 mg
Barley (Cooked)	0.11 mg

Nuts, Seeds, and Legumes

Food	Vitamin B6 (mg per 100g)
Cashews (Roasted)	0.26 mg
Hazelnuts	0.56 mg
Almonds	0.30 mg
Peanuts (Roasted)	0.35 mg
Pumpkin Seeds (Roasted)	0.23 mg
Lentils (Cooked)	0.18 mg

Fruits High in Vitamin B6

Fruit	Vitamin B6 (mg per 100g)
Bananas	0.37 mg
Avocado	0.29 mg
Watermelon	0.09 mg
Mango	0.13 mg
Oranges	0.06 mg
Pineapple	0.11 mg
Papaya	0.08 mg

Recommended Daily Intake (RDI)

- Men (19+ years): 1.3 – 1.7 mg/day
- Women (19+ years): 1.3 – 1.5 mg/day
- Pregnant Women: 1.9 mg/day
- Children (1-8 years): 0.5 – 0.6 mg/day

Health Benefits of Vitamin B6

- Brain Health – Supports neurotransmitter function, reducing depression and anxiety.
- Immune Boost – Promotes the production of white blood cells.
- Heart Health – Reduces levels of homocysteine, lowering heart disease risk.
- Mood Regulation – Plays a role in serotonin and dopamine production.
- Red Blood Cell Formation – Aids in hemoglobin production.

Tips to Maximize Vitamin B6 Intake

1. Eat a Variety of Foods – Incorporate both plant and animal sources.
2. Limit Overcooking – Prolonged heat can destroy Vitamin B6; lightly steam vegetables.
3. Include Nuts and Seeds – Snack on sunflower seeds and pistachios.
4. Choose Fortified Foods – Fortified cereals and grains provide significant B6 levels.

Did You Know?

- Tuna and Salmon are among the best animal sources of Vitamin B6.
- Sunflower seeds and bananas are top plant-based sources.
- Vitamin B6 deficiency can lead to depression, irritability, and skin rashes.