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Vitamin B7, also known as Biotin, is essential for healthy skin, hair, and nails, as well as energy production and metabolism of fats and carbohydrates. It also plays a role in supporting the nervous system.

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## Top 15 Animal-Based Sources of Vitamin B7

Animal Product	Vitamin B7 (µg per 100g)
Beef Liver (Cooked)	31 µg
Chicken Liver (Cooked)	187 µg
Egg Yolk (Boiled)	10 µg
Salmon (Cooked)	5 µg
Pork (Cooked)	3.8 µg
Tuna (Canned in Oil)	6.2 µg
Trout (Cooked)	10 µg
Sardines (Canned in Oil)	5 µg
Milk (Whole, 1 cup)	0.3 µg
Cheddar Cheese	0.4 µg
Yogurt (Plain, Whole Milk)	0.2 µg
Ground Beef (Cooked)	3.1 µg
Chicken Breast (Cooked)	1.5 µg

Animal Product	Vitamin B7 (µg per 100g)
Turkey (Cooked)	4 µg
Shrimp (Cooked)	1.7 µg

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## Top 15 Plant-Based Sources of Vitamin B7

Plant Source	Vitamin B7 (µg per 100g)
Sunflower Seeds (Roasted)	66 µg
Sweet Potatoes (Cooked)	2.4 µg
Almonds (Roasted)	4.5 µg
Spinach (Cooked)	6 µg
Broccoli (Cooked)	1.5 µg
Avocado (Raw)	1.9 µg
Bananas (Raw)	0.4 µg
Mushrooms (Raw)	8 µg
Peanuts (Roasted)	5 µg
Cauliflower (Raw)	4 µg
Sweet Corn (Cooked)	1.5 µg
Tomatoes (Raw)	0.7 µg
Carrots (Raw)	0.6 µg
Apples (With Skin)	0.5 µg
Lentils (Cooked)	1.3 µg

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## Nuts, Seeds, and Legumes

Food	Vitamin B7 (µg per 100g)
Walnuts	3 µg
Cashews (Roasted)	2 µg
Hazelnuts	1.5 µg
Peanut Butter	10 µg
Chickpeas (Cooked)	2 µg

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## Grains and Fortified Foods

Grain/Food	Vitamin B7 (µg per 100g)
Oats (Cooked)	0.2 µg
Whole Wheat Bread	0.6 µg
Barley (Cooked)	1 µg
Brown Rice (Cooked)	0.4 µg
Fortified Cereals	17-20 µg

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## Fruits High in Vitamin B7

Fruit	Vitamin B7 (µg per 100g)
Bananas	0.4 µg
Avocados	1.9 µg
Raspberries	0.2 µg
Grapes	0.3 µg
Oranges	0.2 µg

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## Recommended Daily Intake (RDI)

- Adults (19+ years): 30 µg/day
  - Pregnant Women: 30 µg/day
  - Breastfeeding Women: 35 µg/day
  - Children (1-8 years): 8 – 12 µg/day
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## Health Benefits of Vitamin B7

- Healthy Hair, Skin, and Nails – Promotes strong, shiny hair and clear skin.
- Energy Production – Helps convert food into energy.

- Nervous System Support – Aids in proper nerve signaling.
  - Blood Sugar Regulation – Assists in balancing blood sugar levels.
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## **Tips to Maximize Vitamin B7 Intake**

1. Eat Egg Yolks – But avoid raw egg whites as they contain avidin, which blocks biotin absorption.
  2. Snack on Nuts and Seeds – Sunflower seeds and almonds are rich in biotin.
  3. Include Organ Meats – Liver is the best source of vitamin B7.
  4. Incorporate Mushrooms and Avocados – Excellent plant-based sources.
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## **Did You Know?**

- Raw egg whites can hinder Vitamin B7 absorption. Cooking eggs neutralizes avidin, allowing better absorption.
- Biotin deficiency can lead to hair loss, brittle nails, and skin rashes.
- Pregnant and breastfeeding women need slightly higher biotin intake to support fetal development and milk production.