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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.

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

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

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

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

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

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

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.

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.

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.