

High Nutritional Value Foods

Vitamin B1 (thiamine)

wheat germ breakfast cereal 1 cup	4.47mg
pork lean (cooked) 3oz	0.72mg
fortified breakfast cereal 1 cup	0.5mg
long grain white rice enriched 1 cup	0.26mg
peas cooked 1/2 cup	0.21mg
long grain brown rice 1 cup	0.19mg
pecans 1oz	0.19mg
lentils 1/2 cup	0.17mg
cantaloupe 1/2 fruit	0.11mg
whole wheat bread 1 slice	0.1mg

Recommended Daily Allowance	
Males	1.2mg
Females	1.1mg
Pregnant	1.4mg
Breastfeeding	1.4mg

Vitamin B3 (niacin)

cereal fortified 1 cup	20mg
tuna (light, packed in water) 3oz	11mg
salmon 3oz	8.5mg
chicken (light meat 3oz cooked without skin)	7.3mg
turkey (light meat, without skin cooked) 3oz	5.8mg
cereal unfortified 1 cup	5mg

Recommended Daily Allowance	
Males	16mg
Females	14mg
Pregnant	18mg
Breastfeeding	17mg

Vitamin B6 (pyridoxine)

ready to eat cereal 100% fortified 3/4 cup	2mg
baked potato 1 medium	0.7mg
banana 1 medium	0.68mg
garbanzo beans, canned 1/2 cup	0.57mg
chicken breast cooked, 1/2 breast	0.52mg
ready to eat cereal 25% fortified 3/4 cup	0.5mg
oatmeal instant, 1 packet	0.42mg
pork loin, lean 3oz	0.42mg
rainbow trout, cooked 3oz	0.29mg
sunflower seeds, dry roasted 1oz	0.23mg

Recommended Daily Allowance	
Males age 19-50	1.3mg
Females age 19-50	1.3mg
Males age 51+	1.7mg
Females 51+	1.5mg
Pregnant	1.9mg
Breastfeeding	2mg

Vitamin B12

liver, beef, braised 1 slice	48mcg
clams, cooked 3oz	34mcg
cereal fortified with 100% of the daily value	6mcg
trout, rainbow, wild cooked 3oz	5.4mcg
salmon sockeye 3oz	4.9mcg
trout, rainbow, farmed cooked 3oz	4.2mcg
yogurt plain 1 cup	1.4mcg
haddock cooked 3oz	1.2mcg
tuna white 3oz	1mcg
egg, large 1 whole	0.6mcg

Recommended Daily Allowance	
Males	2.4mcg
Females	2.4mcg
Pregnant	2.6mcg
Breastfeeding	2.8mcg

High Nutritional Value Foods

Calcium

yogurt, plain, low fat, 8 oz	415mg
sardines, canned in oil, with bones, 3oz	324mg
milk nonfat 8oz	302mg
almond milk 1cup	300mg
tofu, firm, made with calcium sulfate 1/2 cup	204mg
salmon, pink, canned, solids with bone, 3 oz	181mg
spinach, cooked, 1/2 cup	120mg
turnip greens, boiled 1/2 cup	99mg
kale, cooked, 1 cup	94mg

Recommended Daily Allowance	
Males age 19-50	1000mg
Females age 19-50	1000mg
Males age 51+	1200mg
Females age 51+	1200mg

Fiber

split peas, cooked 1 cup	16.3g
lentils, cooked 1 cup	15.6g
black beans, cooked 1 cup	15g
lima beans, cooked 1 cup	13g
baked beans, vegetarian, canned, 1 cup	10.4g
artichoke, cooked	10.3g
peas, cooked 1 cup	8.8g
raspberries 1 cup	8g
Spaghetti, whole wheat, cooked 1 cup	6.2g

Recommended Daily Allowance	
Males	21-25g
Females	30-38g

Iron

cereal, 100% iron fortified, 3/4 cup	18mg
chicken liver, cooked, 3 1/2 oz	12.8mg
oatmeal, instant fortified 1 cup	10mg
soybeans, mature, boiled, 1 cup	8.8mg
lentils, boiled, 1 cup	6.6mg
beans, kidney 1 cup	5.2mg

Recommended Daily Allowance	
Males	8mg
Premenopausal Female	18mg
Postmenopausal Female	8mg
Pregnant	27mg

Magnesium

seaweed kelp, raw 3.5oz	121mg
seaweed wakame, raw 3.5oz	107mg
halibut, cooked, 3oz	90mg
almond, dry roasted, 1oz	80mg
cashews, dry roasted, 1oz	75mg
soybeans, mature, cooked, 1/2 cup	75mg
spinach, frozen, cooked, 1/2 cup	75mg

Recommended Daily Allowance	
Males age 19-30	400mg
Females age 19-30	310mg
Males age 31+	420mg
Females age 31+	320mg

High Nutritional Value Foods

Potassium

avocado, 1 medium	975mg
potato baked with skin, 1 medium	926mg
apricots, dried, uncooked 1/2 cup	755mg
prunes 1/2 cup	637mg
raisins 1/2 cup	598mg
prune juice 6 fluid ounces	528mg
figs, dried 1/2 cup	506mg
lima beans, cooked 1/2 cup	485mg
banana, 1 medium	422mg
spinach, cooked 1/2 cup	420mg

Recommended Daily Allowance	
Males	4700mg
Females	4700mg
Pregnant	4700mg
Breastfeeding	5100mg

Sources:

[USDA National Nutrient Database for Standard Reference: http://www.nal.usda.gov/fnic/foodcomp/cgi-bin/nut_search_new.pl](http://www.nal.usda.gov/fnic/foodcomp/cgi-bin/nut_search_new.pl)

[Office of Dietary Supplements National Institute of Health http://dietary-supplements.info.nih.gov/](http://dietary-supplements.info.nih.gov/)

[Linus Pauling Institute at Oregon State University: http://lpi.oregonstate.edu/infocenter/vitamins/](http://lpi.oregonstate.edu/infocenter/vitamins/)