

Food Sources of Thiamin (Vitamin B1)

Information About Thiamin

- Thiamin is one of the B vitamins.
- Thiamin's main role is to help your body use carbohydrates and protein to make energy.

How Much Thiamin Should I Aim For?

<i>Age in years</i>	<i>Aim for an intake of milligrams (mg)/day</i>	<i>Stay below mg/day</i>
Men 19 and older	1.2	A safe upper limit has not been determined.
Women 19 and older	1.1	
Pregnant Women 19 and older	1.4	
Breastfeeding Women 19 and older	1.4	

Thiamin Content of Some Common Foods

The best sources of thiamin include yeast extract, pork, fortified breakfast cereals, enriched grain products and meatless soy products. This table will show you foods which are sources of thiamin.

<i>Food</i>	<i>Serving size</i>	<i>Thiamin (mg)</i>
<i>Vegetables and Fruit</i>		
<i>Vegetables</i>		
Soybean sprouts, cooked	125 mL (½ cup)	0.28
Edamame/baby soybeans, cooked	125 mL (½ cup)	0.25
Green peas, cooked	125 mL (½ cup)	0.22-0.24
Lima beans, cooked	125 mL (½ cup)	0.22
Squash, acorn, cooked	125 mL (½ cup)	0.18
Potato, with skin, cooked	1 medium	0.10-0.15
<i>Grains and Grain Products</i>		
<i>Grains</i>		
Wheat germ, raw	30 g (¼ cup)	0.50
Corn flour	20 g (2 Tbsp)	0.29
Pasta, white, enriched, cooked	125 mL (½ cup)	0.21-0.29
Pasta, egg noodles, enriched, cooked	125 mL (½ cup)	0.16-0.21
<i>Cereals</i>		
Oatmeal, instant, cooked	175 mL (¾ cup)	0.72
Cereal, dry, all types	30 g (check product label for serving size)	0.60

<i>Food</i>	<i>Serving size</i>	<i>Thiamin (mg)</i>
Hot oat bran cereal, cooked	175 mL (¾ cup)	0.40
Muesli and granola	30 g (check product label for serving size)	0.22
Oatmeal, 1 minute, cooked	175 mL (¾ cup)	0.21
<i>Other Grain Products</i>		
Breakfast bar, corn flake crust with fruit	1 bar (37 g)	0.37
Bagel, plain	½ bagel	0.30
Breakfast bar, oatmeal	1 bar (47 g)	0.24
Granola bar, oat, fruits, and nut	1 bar (43 g)	0.21
Waffle, frozen, cooked	1 waffle	0.19
Bread (white, whole wheat, rye, mixed grain)	1 slice (35 g)	0.08-0.17
<i>Protein Foods</i>		
<i>Milk Alternatives</i>		
Soy beverage	250 mL (1 cup)	0.10
<i>Meat and Alternatives</i>		
<i>Meat</i>		
Pork, various cuts, cooked	75 g (2 ½ oz)	0.43-1.05

<i>Food</i>	<i>Serving size</i>	<i>Thiamin (mg)</i>
Pork, ground, cooked	75 g (2 ½ oz)	0.75-0.77
Pork, ham, cooked	75 g (2 ½ oz)	0.41
Venison/deer, various cuts, cooked	75 g (2 ½ oz)	0.19-0.38
Liver (chicken, pork), cooked	75 g (2 ½ oz)	0.13-0.22
<i>Fish and Seafood</i>		
Tuna, yellowfin/albacore, cooked	75 g (2 ½ oz)	0.10
Trout, cooked	75 g (2 ½ oz)	0.11-0.32
Salmon, Atlantic, cooked	75 g (2 ½ oz)	0.11-0.26
Pickering/walleye, cooked	75 g (2 ½ oz)	0.23
Mussels, cooked	75 g (2 ½ oz)	0.23
Tuna, bluefin, cooked	75 g (2 ½ oz)	0.21
<i>Meat Alternatives</i>		
Meatless, luncheon slices	75 g (2 ½ oz)	3.00
Soy burger, vegetarian meatloaf or patty, cooked	75 g (2 ½ oz)	2.00
Meatless (chicken, fish sticks, meatballs), cooked	75 g (2 ½ oz)	0.70-0.96
<i>Legumes (dried beans, peas and lentils)</i>		

<i>Food</i>	<i>Serving size</i>	<i>Thiamin (mg)</i>
Beans (soybeans, black, pinto, adzuki, kidney, lima, navy, roman), cooked	175 mL (¾ cup)	0.22-0.35
Lentils, cooked	175 mL (¾ cup)	0.25-0.28
Baked beans, canned	175 mL (¾ cup)	0.18
<i>Nuts and Seeds</i>		
Sunflower seeds, without shell	60 mL (¼ cup)	0.54
Chinese/Japanese chestnuts, without shell	60 mL (¼ cup)	0.16-0.32
Nuts (pistachio, macademia, brazil, hazelnuts, pecans, peanuts), without shell	60 mL (¼ cup)	0.17-0.24
Tahini/sesame seed butter	15 mL (1 Tbsp)	0.19
Soy nuts	60 mL (¼ cup)	0.12
<i>Other</i>		
Yeast extract spread (marmite or vegemite)	15 mL (1 Tbsp)	4.29

Source: "Canadian Nutrient File 2015" www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php [Accessed August 24 2016]



Notes

Distributed by: