

Food Sources of Vitamin B6 (Pyridoxine)

Information About Vitamin B6

- | Vitamin B6 is a water-soluble vitamin. It is also known as pyridoxine.
- | Your body uses Vitamin B6 to make and use protein and glycogen, which is the stored energy in your muscles and liver.
- | Vitamin B6 helps form hemoglobin, which carries oxygen in your blood.

How Much Vitamin B6 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 and Women 19-50	1.3	100
Women 51 and older	1.5	100
Men 51 and older	1.7	100
Pregnant Women 19 and older	1.9	100
Breastfeeding Women 19 and older	2.0	100

*This includes sources of vitamin B6 from food and supplements

Vitamin B6 Content of Some Common Foods

The best sources of vitamin B6 include meat, fish, poultry, organ meats, enriched cereals, meatless soy products, nuts, lentils and some vegetables and fruit. The following table will show you foods rich in vitamin B6.

<i>Food</i>	<i>Serving Size</i>	<i>Vitamin B6 (mg)</i>
<i>Vegetables and Fruit</i>		
<i>Vegetables</i>		
Potato, with skin, cooked	1 medium	0.37-0.60
Sweet potato, with skin, cooked	1 medium	0.33
Carrot juice	125 mL (½ cup)	0.27
<i>Fruit</i>		
Banana	1 medium	0.43
Durian	125 mL (½ cup)	0.41
Prune juice	125 mL (½ cup)	0.30
Prunes, canned	125 mL (½ cup)	0.25-0.29
Avocado	½ fruit	0.26
Plantain, cooked	125 mL (½ cup)	0.20
<i>Grains and Grain Products</i>		
Waffle, buttermilk, frozen, toasted	1 waffle (33 g)	0.37
Wheat bran	30 g (½ cup)	0.35
Cereal (check product label for serving size)		
100% bran	30 g	0.20
Oatmeal, instant, cooked	175 mL (¾ cup)	0.21-0.30

<i>Food</i>	<i>Serving Size</i>	<i>Vitamin B6 (mg)</i>
<i>Protein Foods</i>		
<i>Milk and Alternatives</i>	This food group contains very little of this nutrient	
<i>Meat and Alternatives</i>		
<i>Organ Meat</i>		
Liver, (turkey, beef), cooked	75 g (2 ½ oz)	0.66-0.76
Liver, chicken, cooked	75 g (2 ½ oz)	0.57-0.63
Kidney, beef, cooked	75 g (2 ½ oz)	0.29
<i>Meat</i>		
Venison/deer, various cuts, cooked	75 g (2 ½ oz)	0.46-0.57
Pork, various cuts, cooked	75 g (2 ½ oz)	0.24-0.59
Beef, various cuts, cooked	75 g (2 ½ oz)	0.20-0.30
Beef, ground, cooked	75 g (2 ½ oz)	0.24-0.29
<i>Poultry</i>		
Chicken, light meat, cooked	75 g (2 ½ oz)	0.25-0.48
Turkey, light meat, cooked	75 g (2 ½ oz)	0.20
<i>Fish and Seafood</i>		
Tuna, yellowfin/albacore, raw or cooked	75 g (2 ½ oz)	0.78-0.84
Salmon, Atlantic, wild, raw or cooked	75 g (2 ½ oz)	0.71-0.74
Salmon, Atlantic, farmed, raw or cooked	75 g (2 ½ oz)	0.48-0.49

<i>Food</i>	<i>Serving Size</i>	<i>Vitamin B6 (mg)</i>
Fish (herring, mackerel, bluefish, halibut, trout, snapper), cooked	75 g (2 ½ oz)	0.29-0.47
Salmon, Chinook, raw or cooked	75 g (2 ½ oz)	0.35-0.36
Tuna, white, canned in oil	75 g (2 ½ oz)	0.32
Salmon, chum, with bones, canned	75 g (2 ½ oz)	0.29
Tuna, light, canned in water	75 g (2 ½ oz)	0.26
<i>Meat Alternatives</i>		
Meatless, fish sticks, cooked	75 g (2 ½ oz)	1.13
Soy burger/vegetarian meatloaf or patty, cooked	75 g (2 ½ oz)	0.90
Meatless, luncheon slices	75 g (2 ½ oz)	0.67
Meatless, chicken, cooked	75 g (2 ½ oz)	0.53
<i>Legumes (dried beans, peas, and lentils)</i>		
Chickpeas/garbanzo beans, cooked	175 mL (¾ cup)	0.84
Soybeans, mature, cooked	175 mL (¾ cup)	0.30
Beans, pinto, cooked	175 mL (¾ cup)	0.29
Tempeh/fermented soy product, cooked	150 g (¾ cup)	0.30
Lentils, cooked	175 mL (¾ cup)	0.26
<i>Nuts and Seeds</i>		

<i>Food</i>	<i>Serving Size</i>	<i>Vitamin B6 (mg)</i>
Pistachios, without shell	60 mL (¼ cup)	0.35
Sunflower seeds, without shell	60 mL (¼ cup)	0.27-0.48
Chinese chestnuts, without shell	60 mL (¼ cup)	0.16-0.26

Source: "Canadian Nutrient File 2015" www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php [Accessed September 29 2016]

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