

# Food Sources of Niacin

## Information about Niacin

Niacin is a water-soluble B vitamin also known as vitamin B3. This means that niacin is not stored in the body. You need to eat foods rich in niacin every day.

Niacin helps your body use fat, protein and carbohydrates from foods to make energy.

Niacin helps over 200 enzymes (natural chemicals in the body) to function normally in your body by helping your body use other B vitamins, and make DNA.

## How Much Niacin Should I Aim for?

Age in Years	Aim for an intake of Niacin Equivalents* (NE)/day	Stay below* NE/day
Men 19 and older	16	35
Women 19 and older	14	35
Pregnant women 19 and older	18	35
Breastfeeding women 19 and older	17	35

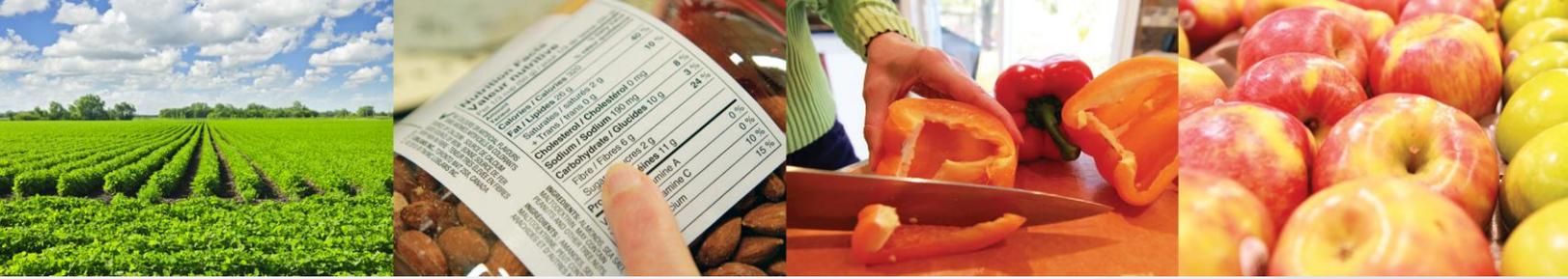
\*This includes sources of niacin from food and supplements.

## Niacin Content of Some Common Foods

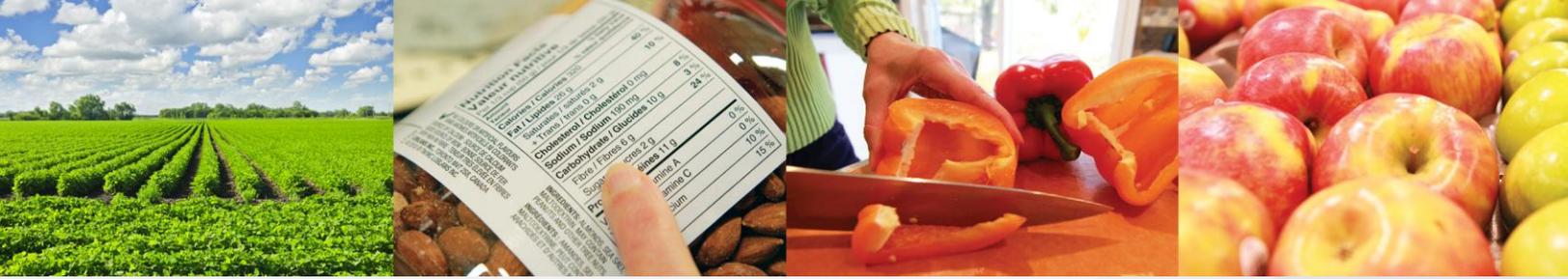
This table will show you foods that are a source of niacin. Meats and alternatives are the richest sources followed by fortified enriched grains.



Food	Serving size	Niacin (NE)
<b>Vegetables and Fruits</b>		
Mushrooms, portabello	125 mL (½ cup)	6
Potato, cooked	1 medium	3-4
<b>Grain Products</b>		
Cereal (100% Bran, All Bran, bran flakes)	30 g (check product label for serving size)	3-6
Oatmeal, instant, cooked	175 mL (¾ cup)	3-5
Cereal, wheat germ, toasted	30 g (¼ cup)	4
Pasta, enriched, cooked	125 mL (½ cup)	2-3
Bread, whole wheat	1 slice (35 g)	2
<b>Milk and Alternatives</b>		
Cottage cheese	250 mL (1 cup)	5-6
Cheese (cheddar, gruyere, Swiss, blue, gouda, mozzarella, edam, provolone, brie)	50 g (1 ½ oz)	3-4
Processed cheese, slices (cheddar, swiss)	50 g (1 ½ oz)	2-3
Milk, 3.3% homo	250 mL (1 cup)	3
Soy beverage	250 mL (1 cup)	3
<b>Meats and Alternatives</b>		
<i>Meat</i>		
Liver (beef, pork, chicken, turkey), cooked	75 g (2½ oz)	10-17
Chicken, various cuts, cooked	75 g (2½ oz)	8-15
Pork, beef or lamb, various cuts, cooked	75 g (2½ oz)	6-14



Turkey, various cuts, cooked	75 g (2½ oz)	6-9
Back bacon, cooked	75 g (2½ oz)	8
<i>Fish and Seafood</i>		
Anchovies, canned	75 g (2½ oz)	19
Tuna, cooked or canned	75 g (2½ oz)	10-20
Salmon, cooked or canned	75 g (2½ oz)	11-17
Mackerel, cooked	75 g (2½ oz)	7-12
Rainbow trout, cooked	75 g (2½ oz)	8-10
Sardines, canned in oil	75 g (2½ oz)	7
Herring, haddock, cooked	75 g (2½ oz)	6-7
Crab, shrimp, lobster, cooked	75 g (2½ oz)	4-5
Scallops, cooked	75 g (2½ oz)	3
<i>Meat alternatives</i>		
Meatless, fish sticks, cooked	75 g (2 ½ oz)	12
Soy burger/vegetarian meatloaf or patty, cooked	75 g (2 ½ oz)	10
Pumpkin, squash seeds, without shell	60 mL (1/4 cup)	8
Tempeh/fermented soy product, cooked	150 g (3/4 cup)	8
Peanuts, without shell	60 mL (1/4 cup)	7
Meatless (chicken, meatballs), cooked	75 g (2 ½ oz)	4-5
Tofu, cooked	150 g (¾ cup)	3-4
Egg, cooked	2 large	3
Lentils, cooked	175 mL (3/4 cup)	3-4



Sunflower seeds, without shell	60 mL (1/4 cup)	3-4
Almonds, without shell	60 mL (1/4 cup)	3
Soy nuts	60 mL (1/4 cup)	3
Beans (adzuki, navy, cranberry, great northern, kidney), cooked	175 mL (3/4 cup)	3
Peas, black-eyed/cowpeas, cooked	175 mL (3/4 cup)	3
Other		
Yeast extract spread (marmite or vegemite)	5 mL (1 tsp)	8

Source:

“Canadian Nutrient File 2015”

[www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php)

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