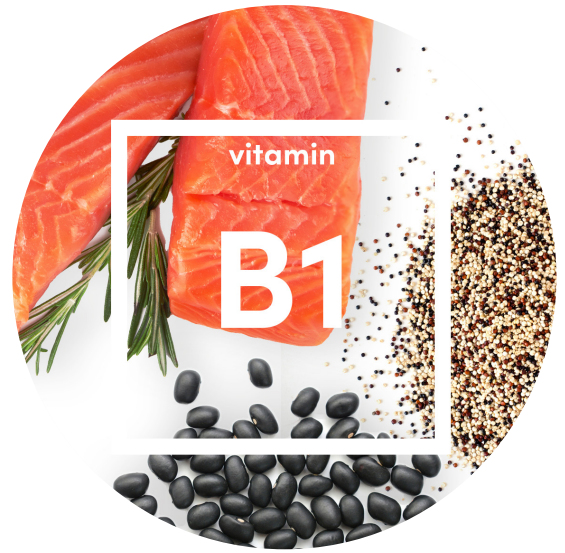


# Sources of vitamin B1

Vitamin B1 (or thiamine) is one of the eight water-soluble B vitamins. It plays a critical role in converting carbohydrates into glucose and the metabolism of fats and protein. It is also essential for nerve, muscle, and heart function.



## The adequate Intake (AI)



19+ male  
**1.2 mg/day**



19+ female  
**1.1 mg/day**



Pregnancy  
**1.4 mg/day**



Lactation  
**1.4 mg/day**

Food (serving size)	Vitamin B1 (mg)
<b>Pork chop</b> , bone-in, grilled (100g)	0.8
<b>Trout</b> , cooked (100g)	0.4
<b>Black beans</b> , boiled (½ cup)	0.4
<b>Salmon</b> , smoked (100g)	0.4
<b>Quinoa</b> , white, cooked (¾ cup)	0.4
<b>Mussels</b> , blue, cooked (100g)	0.3
<b>Tuna</b> , Bluefin, cooked (100g)	0.2
<b>Lentils</b> , hulled, cooked (100g, ¾ cup)	0.2
<b>Rice</b> , brown, long-grain, cooked (½ cup)	0.2
<b>Pasta</b> , wholemeal wheat flour, boiled (½ cup)	0.2
<b>Rice</b> , white, long-grain, cooked (½ cup)	0.1
<b>Bread</b> , whole wheat (1 slice)	0.1
<b>Orange juice</b> , (250 mL, 1 cup)	0.1
<b>Sunflower seeds</b> , raw (30g)	0.1
<b>Poppy seed</b> , raw (30g)	0.1
<b>Beef</b> , steak, grilled (100g)	0.1
<b>Yoghurt</b> , plain (1 cup)	0.1
<b>Oats</b> , rolled, cooked (½ cup)	0.1
<b>Corn</b> , yellow, boiled (1 medium)	0.1
<b>Milk</b> , regular fat (250 mL, 1 cup)	0.1
<b>Barley</b> , pearled, cooked (1 cup)	0.1
<b>Cheddar cheese</b> (40g)	0.1
<b>Chicken</b> , with skin, roasted (100g)	0.1
<b>Peanuts</b> , with skin, raw (30g)	0.1
<b>Cashews</b> , raw, unsalted (30g)	0.1
<b>Brazil nuts</b> , raw (30g)	0.1
<b>Pine nuts</b> , raw (30g)	0.1
<b>Flaxseed</b> , raw (30g)	0.1