

Sources of vitamin B5

Vitamin B5 (or pantothenic acid) is an essential vitamin widely distributed in foods. It is a component of coenzyme A (CoA) which has a role in many varied biochemical reactions in the body, such as cell growth, fatty acid metabolism and neurotransmitter synthesis.



The adequate Intake (AI)



19+ male
6 mg/day



19+ female
4 mg/day



Pregnancy
5 mg/day



Lactation
6 mg/day

Food (serving size)	Vitamin B5 (mg)
Beef liver , pan fried (81g, 1 slice)	5.6
Mushrooms , Shitake, cooked (145g, 1 cup)	5.2
Salmon , cooked, dry heat (150g, ½ fillet)	3
Sunflower seeds (1/4 cup)	2.4
Chicken liver , pan fried (28g)	2.3
Duck , roasted (140g, 1 cup chopped)	2.1
Sweet potato , baked in skin (180g, 1 large)	1.6
Sweet corn , boiled (1 cup)	1.4
Peas , boiled (1 cup)	1.4
Chicken , breast meat, skinless, roasted (85g)	1.3
Tuna , fresh, bluefin, cooked (85g)	1.2
Tomatoes , sundried (1 cup)	1.1
Avocado (½ avocado)	1
Milk , 2% fat (1 cup)	0.9
Mushrooms , white, cooked (½ cup)	0.8
Cheese , feta, crumbled (½ cup)	0.7
Egg , hard boiled (1 large)	0.7
Beef , ground, 85% lean (85g)	0.6
Broccoli , boiled (½ cup)	0.5
Chickpeas , canned (½ cup)	0.4
Peanuts , roasted (28g)	0.4
Rice , brown medium grain, cooked (½ cup)	0.4
Oats , regular and quick, cooked with water (½ cup)	0.4