

# Niacin (B3) Foods

PER CALORIE

## Vegetables

- portabella mushrooms - 431 mg/2000 cal
- brown mushrooms - 346 mg/2000 cal
- broccoli raab - 111 mg/2000 cal
- asparagus - 98 mg/2000 cal
- coriander leaf - 96 mg/2000 cal
- spirulina - 89 mg/2000 cal
- kimchi - 87 mg/2000 cal
- okra - 79 mg/2000 cal
- parsley - 73 mg/2000 cal
- bok choy - 71 mg/2000 cal
- zucchini - 68 mg/2000 cal
- red bell peppers - 68 mg/2000 cal
- yellow bell pepper - 66 mg/2000 cal
- mustard greens - 59 mg/2000 cal
- spaghetti squash - 59 mg/2000 cal
- amaranth leaves - 57 mg/2000 cal
- shiitake mushrooms - 53 mg/2000 cal
- mung bean sprouts - 50 mg/2000 cal
- kale - 49 mg/2000 cal
- green bell peppers - 48 mg/2000 cal
- butternut squash - 48 mg/2000 cal
- carrots - 48 mg/2000 cal
- rutabaga - 48 mg/2000 cal
- green beans - 47 mg/2000 cal
- endive - 46 mg/2000 cal

## Meat

- turkey breast - 173 mg/2000 cal
- chicken breast (skinless) - 161 mg/2000 cal
- bone broth - 155 mg/2000 cal
- Canadian bacon - 137 mg/2000 cal
- buffalo - 121 mg/2000 cal
- pork loin (lean) - 104 mg/2000 cal
- pork chops (sirloin) - 102 mg/2000 cal
- flank steak (fat not eaten) - 99 mg/2000 cal
- roast beef - 99 mg/2000 cal
- top round steak - 99 mg/2000 cal
- sirloin steak - 98 mg/2000 cal
- New York strip steak - 85 mg/2000 cal
- venison - 85 mg/2000 cal
- chicken breast (skin eaten) - 85 mg/2000 cal
- pork steak (extra lean) - 83 mg/2000 cal
- ground beef (95% lean) - 80 mg/2000 cal
- ground beef (97% lean) - 79 mg/2000 cal
- chicken drumstick (skinless) - 77 mg/2000 cal
- turkey thigh - 77 mg/2000 cal
- chicken thigh (skinless) - 77 mg/2000 cal

## Offal

- beef liver - 183 mg/2000 cal
- veal liver - 137 mg/2000 cal
- chicken liver - 131 mg/2000 cal
- lamb liver - 110 mg/2000 cal
- pork liver - 101 mg/2000 cal
- lamb kidney - 87 mg/2000 cal
- pork heart - 82 mg/2000 cal
- beef heart - 81 mg/2000 cal
- pork kidney - 77 mg/2000 cal
- beef oxtail - 56 mg/2000 cal
- beef kidney - 50 mg/2000 cal
- lamb heart - 47 mg/2000 cal

## Seafood

- anchovy - 168 mg/2000 cal
- halibut - 143 mg/2000 cal
- salmon (red sockeye) - 130 mg/2000 cal
- tuna - 120 mg/2000 cal
- salmon (Atlantic) - 111 mg/2000 cal
- salmon (pink, canned) - 107 mg/2000 cal
- haddock - 87 mg/2000 cal
- salmon (chinook) - 87 mg/2000 cal
- salmon (smoked) - 80 mg/2000 cal
- mackerel - 79 mg/2000 cal
- trout (smoked) - 79 mg/2000 cal

- salmon (farmed) - 78 mg/2000 cal
- tilapia - 74 mg/2000 cal
- bream - 74 mg/2000 cal
- pollock - 71 mg/2000 cal
- drumfish - 69 mg/2000 cal
- kingfish - 69 mg/2000 cal
- crab - 66 mg/2000 cal
- trout - 61 mg/2000 cal
- crayfish - 56 mg/2000 cal
- oyster - 50 mg/2000 cal
- cod - 48 mg/2000 cal
- octopus - 46 mg/2000 cal
- shrimp/prawns - 45 mg/2000 cal

## Fruit

- tomato - 66 mg/2000 cal
- nectarine - 51 mg/2000 cal
- cantaloupe - 43 mg/2000 cal
- peach - 41 mg/2000 cal

## Beans, Legumes, Grains, Nuts & Seeds

- wheat bran - 126 mg/2000 cal
- bran flakes - 94 mg/2000 cal
- peanut flour - 54 mg/2000 cal
- peanut butter - 44 mg/2000 cal
- peanuts - 43 mg/2000 cal
- pasta - 42 mg/2000 cal
- brown rice - 42 mg/2000 cal
- buckwheat - 41 mg/2000 cal
- wheat bread - 41 mg/2000 cal