

Vitamin B6 Foods

PER CALORIE

Vegetables

- bok choy - 28 mg/2000 cal
- watercress - 23 mg/2000 cal
- green bell peppers - 22 mg/2000 cal
- spinach - 21 mg/2000 cal
- red bell peppers - 20 mg/2000 cal
- okra - 17 mg/2000 cal
- kimchi - 17 mg/2000 cal
- amaranth leaves - 17 mg/2000 cal
- garlic - 17 mg/2000 cal
- broccoli raab - 16 mg/2000 cal
- cauliflower - 15 mg/2000 cal
- sauerkraut - 14 mg/2000 cal
- mustard greens - 13 mg/2000 cal
- coriander leaf - 12 mg/2000 cal
- yellow bell pepper - 12 mg/2000 cal
- broccoli - 11 mg/2000 cal
- dandelion greens - 11 mg/2000 cal
- kohlrabi - 11 mg/2000 cal
- zucchini - 11 mg/2000 cal
- collards - 10 mg/2000 cal
- kale - 10 mg/2000 cal
- Brussels sprouts - 10 mg/2000 cal
- brown mushrooms - 10 mg/2000 cal
- chayote squash - 10 mg/2000 cal
- cabbage - 10 mg/2000 cal
- beet greens - 10 mg/2000 cal
- celery - 9 mg/2000 cal
- shallots - 9 mg/2000 cal
- chicory greens - 9 mg/2000 cal
- green beans - 9 mg/2000 cal
- radish - 9 mg/2000 cal
- lettuce - 9 mg/2000 cal
- chard - 8 mg/2000 cal
- portabella mushrooms - 8 mg/2000 cal
- celeriac - 8 mg/2000 cal
- potato (boiled, with skin) - 8 mg/2000 cal
- snow peas - 8 mg/2000 cal
- leeks - 7 mg/2000 cal
- spaghetti squash - 7 mg/2000 cal
- asparagus - 7 mg/2000 cal
- acorn squash - 7 mg/2000 cal
- rutabaga - 7 mg/2000 cal
- carrots - 7 mg/2000 cal
- baked potato - 7 mg/2000 cal
- sweet potato - 6 mg/2000 cal

Meat

- chicken breast (skinless) - 15 mg/2000 cal
- turkey breast - 12 mg/2000 cal
- bone broth - 11 mg/2000 cal
- buffalo - 11 mg/2000 cal
- pork loin (lean) - 10 mg/2000 cal
- flank steak (fat not eaten) - 10 mg/2000 cal
- roast beef - 10 mg/2000 cal
- sirloin steak - 10 mg/2000 cal

- top round steak - 10 mg/2000 cal
- pork chops - 7 mg/2000 cal
- venison - 6 mg/2000 cal
- pork steak (extra lean) - 6 mg/2000 cal
- ground beef (95% lean) - 6 mg/2000 cal
- ground chicken - 6 mg/2000 cal
- ground beef (97% lean) - 5 mg/2000 cal
- ribeye filet (fat trimmed) - 5 mg/2000 cal
- turkey thigh - 5 mg/2000 cal
- chicken drumstick (skinless) - 5 mg/2000 cal
- chicken thigh (skinless) - 5 mg/2000 cal
- skirt steak - 5 mg/2000 cal
- ground turkey (lean) - 5 mg/2000 cal
- ribeye steak (fat eaten) - 5 mg/2000 cal

Offal

- beef liver - 11 mg/2000 cal
- veal liver - 10 mg/2000 cal
- chicken liver - 9 mg/2000 cal
- pork liver - 7 mg/2000 cal
- pork kidney - 6 mg/2000 cal
- pork heart - 5 mg/2000 cal
- beef kidney - 5 mg/2000 cal
- beef oxtail - 5 mg/2000 cal
- lamb liver - 4 mg/2000 cal

Seafood

- halibut - 11 mg/2000 cal

- salmon (red sockeye) - 11 mg/2000 cal
- salmon (Atlantic) - 10 mg/2000 cal
- octopus - 8 mg/2000 cal
- sea bass - 7 mg/2000 cal
- snapper - 7 mg/2000 cal
- haddock - 7 mg/2000 cal
- tuna - 6 mg/2000 cal
- salmon (farmed) - 6 mg/2000 cal
- pollock - 6 mg/2000 cal
- bass - 6 mg/2000 cal
- cod - 5 mg/2000 cal
- bream - 5 mg/2000 cal
- salmon (smoked) - 5 mg/2000 cal
- drumfish - 5 mg/2000 cal
- trout (smoked) - 5 mg/2000 cal
- kingfish - 5 mg/2000 cal
- shrimp/prawns - 4 mg/2000 cal

Fruit

- tomato - 9 mg/2000 cal
- bananas - 8 mg/2000 cal
- plantains - 5 mg/2000 cal
- honeydew melon - 5 mg/2000 cal
- pineapple - 4 mg/2000 cal
- cantaloupe - 4 mg/2000 cal

Beans, Legumes, Grains, Nuts & Seeds

- wheat bran - 12 mg/2000 cal
- bran flakes - 8 mg/2000 cal
- sunflower seeds - 5 mg/2000 cal
- tempeh - 4 mg/2000 cal