

Vitamin B6 Foods

PER SERVE

Vegetables & Fruit

- bananas - 1.7 mg/serve
- potato - 0.6 mg/serve
- acorn squash - 0.4 mg/serve
- plantains - 0.4 mg/serve
- broccoli raab - 0.4 mg/serve
- sweet potato - 0.4 mg/serve
- Brussels sprouts - 0.3 mg/serve
- avocado - 0.3 mg/serve
- spinach - 0.3 mg/serve
- cauliflower - 0.3 mg/serve
- bok choy - 0.2 mg/serve
- broccoli - 0.2 mg/serve
- honeydew melon - 0.2 mg/serve

Meat

- turkey breast - 2.3 mg/serve
- chicken breast (skinless) - 1.8 mg/serve
- top round steak - 1.5 mg/serve
- T-Bone steak - 1.3 mg/serve
- porterhouse steak - 1.3 mg/serve
- skirt steak - 1.3 mg/serve
- sirloin steak (fat eaten) - 1.2 mg/serve
- buffalo - 1.2 mg/serve
- ribeye steak (fat eaten) - 1.1 mg/serve
- flank steak (fat not eaten) - 1.1 mg/serve
- roast beef - 1.1 mg/serve

- ribeye filet (fat trimmed) - 1.1 mg/serve
- sirloin steak - 1.1 mg/serve
- pork loin (lean) - 1.1 mg/serve
- venison - 0.9 mg/serve
- ground chicken - 0.8 mg/serve
- chicken wing - 0.8 mg/serve
- ground beef (90% lean) - 0.8 mg/serve
- pork steak - 0.8 mg/serve
- ground beef (75% lean) - 0.8 mg/serve
- pork chops (blade) - 0.7 mg/serve
- ground beef (95% lean) - 0.7 mg/serve
- ground beef (97% lean) - 0.7 mg/serve
- filet mignon - 0.7 mg/serve
- chicken thigh (skinless) - 0.7 mg/serve
- flank steak (fat eaten) - 0.7 mg/serve
- leg ham - 0.7 mg/serve
- duck - 0.7 mg/serve
- ground beef (93% lean) - 0.6 mg/serve
- rump steak - 0.6 mg/serve
- beef rib - 0.6 mg/serve
- chicken drumstick (skinless) - 0.6 mg/serve
- ground turkey (lean) - 0.6 mg/serve

- New York strip steak - 0.6 mg/serve
- chicken drumstick (with skin) - 0.6 mg/serve
- pork chops (loin) - 0.6 mg/serve
- beef loin - 0.6 mg/serve
- ground beef (85% lean) - 0.6 mg/serve
- ground pork - 0.5 mg/serve
- turkey thigh - 0.5 mg/serve
- ground beef (80% lean) - 0.5 mg/serve
- pork steak (extra lean) - 0.5 mg/serve
- ground turkey - 0.5 mg/serve
- chicken thigh (skin eaten) - 0.5 mg/serve
- pork roast - 0.5 mg/serve
- pork ribs - 0.4 mg/serve
- pork chops (sirloin) - 0.4 mg/serve

Offal

- veal liver - 0.9 mg/serve
- beef liver - 0.9 mg/serve
- chicken liver - 0.7 mg/serve
- pork heart - 0.7 mg/serve
- lamb liver - 0.6 mg/serve
- beef oxtail - 0.6 mg/serve
- lamb heart - 0.6 mg/serve
- pork liver - 0.5 mg/serve
- pork kidney - 0.3 mg/serve
- chicken heart - 0.3 mg/serve
- beef tongue - 0.2 mg/serve
- pate (chicken liver) - 0.2 mg/serve

Seafood

- salmon - 1.3 mg/serve
- halibut - 0.9 mg/serve
- snapper - 0.7 mg/serve
- carp - 0.7 mg/serve
- bream - 0.6 mg/serve
- haddock - 0.6 mg/serve
- sea bass - 0.6 mg/serve
- drumfish - 0.6 mg/serve
- cod - 0.5 mg/serve
- pollock - 0.5 mg/serve
- tuna - 0.5 mg/serve
- trout (smoked) - 0.5 mg/serve
- octopus - 0.4 mg/serve
- trout - 0.4 mg/serve
- herring - 0.4 mg/serve
- bass - 0.3 mg/serve
- kingfish - 0.3 mg/serve
- catfish - 0.3 mg/serve
- shrimp/prawns - 0.2 mg/serve

Beans, Legumes, Nuts & Seeds

- bran flakes - 0.4 mg/serve
- buckwheat groats - 0.4 mg/serve
- pistachio nuts - 0.4 mg/serve
- wheat bran - 0.3 mg/serve
- tempeh - 0.3 mg/serve
- kidney beans - 0.3 mg/serve
- white rice - 0.3 mg/serve
- lentils - 0.3 mg/serve
- Ezekiel bread - 0.2 mg/serve
- sunflower seeds - 0.2 mg/serve
- pinto beans - 0.2 mg/serve