

High Vitamin B1 (Thiamin) Foods

| Food | Serving (imperial) | Serving (Metric) | Vitamin B1 (mg) | %RDA (DV) |
|----------------------------------|--------------------|------------------|-----------------|-----------|
| Rice, long grain, white, cooked | 1/2 cup | 80 g | 1.4 | 117% |
| Breakfast cereal, fortified 100% | 1 serving | 28 – 56 g | 1.2 | 100% |
| Egg noodles, enriched, cooked | 1 cup | 80 g | 0.5 | 42% |
| Pork chop, broiled | 3 oz | 85 g | 0.4 | 33% |
| Trout, cooked | 3 oz | 85 g | 0.4 | 33% |
| Black beans, cooked | 1/2 cup | 90 g | 0.4 | 33% |
| Mussels, blue | 3 oz | 85 g | 0.3 | 25% |
| Tuna, Bluefin, cooked | 3 oz | 85 g | 0.2 | 17% |
| Acorn squash, baked | 1/2 cup | 90 g | 0.2 | 17% |
| Brown rice, not enriched | 1/2 cup | 100 g | 0.1 | 8% |
| Sunflower seeds | 1 oz | 28 g | 0.1 | 8% |
| Corn, yellow, boiled | 1 medium ear | 100 g | 0.1 | 8% |

Adult U.S.RDA (Recommend Dietary Allowance)

1.2 mg Male

1.1 mg Female