

High Vitamin B6 Foods

Food	Serving (Imperial)	Serving (Metric)	Vitamin B6 Amount (mg)	% RDA (DV)
Chickpeas, cooked	1/2 cup	85 g	1.1	65%
Beef liver, cooked	3 oz	85 g	0.9	53%
Tuna, Yellowfin, cooked	3 oz	85 g	0.9	53%
Salmon, sockeye, cooked	3 oz	85 g	0.6	35%
Chicken breast, cooked	3 oz	85 g	0.5	29%
Breakfast cereal. 25% of DV	1 serving	28 – 56 g	0.4	24%
Potatoes, boiled	1 cup	160 g	0.4	24%
Turkey, meat, cooked	3 oz	85 g	0.4	24%
Banana	1 medium	110 g	0.4	24%
Marinara sauce	1 cup	260 g	0.4	24%
Ground beef, broiled	3 oz	85 g	0.3	18%
Cottage cheese, 1%	1 cup	225 g	0.2	12%
Winter squash, baked	1/2 cup	90 g	0.2	12%

Adult U.S.RDA (Recommend Dietary Allowance)

1.7 mg Male

1.5 mg Female