

High Vitamin B7 (Biotin) Foods

Food	Serving (Imperial)	Serving (Metric)	VitaminB7 Amount (mg)	% RDA (DV)
Salmon, pink, canned	3 oz	85	5	17%
Pork chop, cooked	3 oz	85	3.8	13%
Ground beef, cooked	3 oz	85	3.8	13%
Sweet potato, cooked	1/2 cup	100	2.4	8%
Almonds, roasted	1/4 cup	70	1.5	5%
Tuna, canned	3 oz	85	0.6	2%
Spinach, cooked	1/2 cup	90	0.5	2%
Broccoli, raw	1/2 cup	85	0.4	1%
Cheddar cheese, mild	1 oz	28	0.4	1%
Milk, 2%	1 cup	240	0.3	1%
Yogurt, plain	1 cup	225	0.2	1%
Oatmeal	1 cup	225	0.2	1%
Banana	1/2 cup	110	0.2	1%

Adult U.S.RDA (Recommend Dietary Allowance)

30 mcg Male

30 mcg Female