Niacin is found in many foods; yeast, meat, cereal, and legumes are especially good sources of niacin.

**GOOD SOURCES**

- **Meat**
  - beef • fish • poultry
  - Chicken (light meat), 3 ounces, 7.3–11.7 mg

- **Legumes**
  - beans • peas • lentils
  - Peanuts, 1 ounce (35 peanuts), 3.8 mg

- **Cereal**
  - Cereal (fortified), 1 cup, 20–27 mg

**MAIN FUNCTIONS**

- Helps convert food into useable energy
- Assists in DNA replication and repair

**SPECIAL NOTES**

- The amino acid tryptophan can be converted to niacin inside the body.
- Supplemental niacin can cause side effects, such as flushing, itching, nausea, and vomiting; the Tolerable Upper Intake Level (UL) is 35 mg/day.

**DAILY RECOMMENDATION**

- **Men**
  - 16 mg NE

- **Women**
  - 14 mg NE

NE = niacin equivalents;
1 NE = 1 mg niacin = 60 mg tryptophan

mg = milligrams; NE = Niacin Equivalents;
a 3-ounce serving of meat or fish is about the size of a deck of cards

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