

NIACIN (VITAMIN B₃)



MAIN FUNCTIONS

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

DAILY RECOMMENDATION

16
mg NE

Men

14
mg NE

Women

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

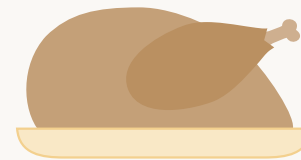
GOOD SOURCES

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

Meat

beef • fish • poultry

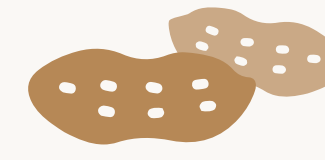
- Chicken (light meat), 3 ounces, 7.3–11.7 mg



Legumes

beans • peas • lentils

- Peanuts, 1 ounce (35 peanuts), 3.8 mg



Cereal

- Cereal (fortified), 1 cup, 20–27 mg



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

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.