THIAMIN (VITAMIN B₁)

MAIN FUNCTIONS

• Helps convert food into useable energy

• Assists enzymes involved in glucose and amino acid metabolism

GOOD SOURCES

Legumes
beans • peas • lentils

• Lentils (cooked): ½ cup • 0.17 mg

Whole Grains
wheat • oats • barley

• Brown Rice: 1 cup • 0.19 mg

Pork Products
ham • pork

• Lean Pork, 3 ounces • 0.81 mg

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

DAILY RECOMMENDATION

Men 1.2 mg
Women 1.1 mg

SPECIAL NOTES

• In the US, thiamin is sometimes added back to refined grains, a process called enrichment.

• Thus, enriched rice, bread, breakfast cereal, and energy bars are also a source of thiamin.