

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

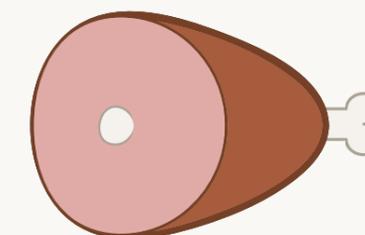
- Brown Rice, 1 cup,
0.19 mg



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

1.2
mg

Men

1.1
mg

Women

SPECIAL NOTES

- In the US, thiamin is sometimes added back to refined grains, a process called fortification.
- Thus, enriched rice, bread, breakfast cereal, and energy bars are also a source of thiamin.