

Vitamin B3 (Niacin)

Fact Sheet



Vitamin B3 (also known as **niacin**) is a water-soluble vitamin that can be found in food or made in the body from the amino acid, tryptophan, with the help of vitamin B6.

It’s involved in the production and breakdown of glucose, fats and amino acids.

How much do you need?

Age	Recommended Dietary Allowance (mg)	
	Female	Male
1-3 years	6	6
4-8 years	8	8
9-13 years	12	12
14-18 years	16	14
18+ years	16	14
Pregnancy	18	
Lactation	17	

How much is that in terms of food?

Food	Serving Size	Vitamin B3 (mg)
Fish		
Tuna, light, canned	2 ½ oz (75g)	14
Salmon, Atlantic, baked	2 ½ oz (75g)	11
Sardines, canned	2 ½ oz (75g)	7.4
Cod, Pacific, baked	2 ½ oz (75g)	5.1
Meat Alternatives		
Edamame, boiled	½ cup (125ml)	4.0
Eggs, poached	2 eggs (100g)	3.4
Black eye peas, cooked	¾ cup (175ml)	2.6
Dry roasted black beans	½ cup (125ml)	7
Vegetables and Fruits		
Mushrooms, white	1 cup (125ml)	3.6
Green pepper	1 cup (125ml)	1.7
Green peas	½ cup (125ml)	2.9
Swiss chard, cooked	½ cup (125ml)	0.6
Kale, raw	1 cup (125ml)	1.2
Chinese Broccoli, cooked	½ cup (125ml)	0.3
Squash, cooked	½ cup (125ml)	1.2
Artichoke hearts, boiled	½ cup (125ml)	1.5
Brussels sprouts, boiled	½ cup (125ml)	0.9
Dates	½ cup (125ml)	0.6
Avocado, sliced	½ cup (125ml)	2.2
Mango, cubed	½ cup (125ml)	0.6
Dried apricot	¼ cup (60ml)	1.2

Food	Serving Size	Vitamin B3 (mg)
Dairy		
Cheddar cheese	1 ½ oz (50g)	2.7
Cottage cheese, 1% M.F.	1cup (125ml)	5.8
Milk, fluid, 1% M.F.	1 cup (250ml)	2.0
Soy milk	1 cup (250ml)	1.0
Yogurt, plain	¾ cup (175ml)	0.3
Nuts and Seeds		
Brazil nuts, raw	¼ cup (60ml)	0.9
Peanuts, raw	¼ cup (60ml)	4.5
Flax seeds, ground	2 tbsp (30ml)	1.4
Chestnuts	¼ cup (60ml)	0.6
Meat		
Beef liver, braised	2 ½ oz (75g)	17
Beef tenderloin, roasted	2 ½ oz (75g)	7.1
Chicken breast, roasted	2 ½ oz (75g)	10
Turkey breast, roasted	2 ½ oz (75g)	12
Pork loin, roasted	2 ½ oz (75g)	9.0
Grains		
Oatmeal	¾ cup (175ml)	4
All bran buds	1/3 cup (75ml)	3.5
Quinoa	½ cup (125ml)	0.9
Bread, whole wheat	1 slice (35g)	3-5
Rye bread	1 slice (35g)	1.9
Barley, cooked	½ cup (125ml)	2.2
Buckwheat groat, cooked	½ cup (125ml)	1.6
Brown rice	½ cup (125ml)	5.0

How to get your daily total:

Option 1	
Greek salad with Quinoa and Chicken for lunch	1.7 0.9 10
1 cup cooked peas at dinner	1.7
Total = 14.3 mg	

Option 3	
¼ cup of peanuts ¼ cup dried apricots at snack	4.5 1.2
½ cup cooked brown rice with 1 cup of sliced mushrooms on spinach salad at dinner	5 3.6
½ cup of sliced avocado at lunch	2.2
Total = 16.3 mg	

Option 2	
Tuna salad sandwich	6 14
Total = 20 mg	

