

Vitamin B5

Fact Sheet



Vitamin B5 (also known as **pantothenic acid**) has two primary roles in the body: breaking down fat, protein and carbohydrates, and is required for the production of vitamin B12.

Deficiency for this micronutrient is extremely rare.

How much do you need?

Age	Recommended Dietary Allowance (mg)	
	Female	Male
1-3 years	2	2
4-8 years	3	3
9-13 years	4	4
14-18 years	5	5
18+ years	5	5
Pregnancy	6	
Lactation	7	

How much is that in terms of food?

Food	Serving Size	Vitamin B5 (mg)
Dairy		
Cheddar cheese	1 ½ oz (50g)	0.2
Cottage cheese, 1% M.F.	1 cup (125ml)	0.5
Milk, fluid, 1% M.F.	1 cup (250ml)	0.9
Soy milk	1 cup (250ml)	0.3
Yogurt, plain	¾ cup (175ml)	0.1
Nuts and Seeds		
Brazil nuts, raw	¼ cup (60ml)	0.1
Peanuts, raw	¼ cup (60ml)	0.7
Flax seeds, ground	2 Tbsp (30ml)	0.2
Chestnuts	¼ cup (60ml)	0.2
Meat		
Beef liver, braised	2 ½ oz (75g)	5.2
Beef tenderloin, roasted	2 ½ oz (75g)	1.1
Chicken breast, roasted	2 ½ oz (75g)	0.7
Turkey breast, roasted	2 ½ oz (75g)	0.7
Pork loin, roasted	2 ½ oz (75g)	0.6
Grains		
Quinoa	½ cup (125ml)	0.2
Rye bread	1 slice (35g)	0.2
Barley, cooked	½ cup (125ml)	0.1
Buckwheat groats, cooked	½ cup (125ml)	0.3
Roasted potatoes	½ cup	0.9
Whole wheat bread	1 slice (35g)	0.3

Food	Serving Size	Vitamin B5 (mg)
Fish		
Tuna, light, canned	2 ½ oz (75g)	0.2
Salmon, Atlantic, baked	2 ½ oz (75g)	1.4
Sardines, canned	2 ½ oz (75g)	0.4
Cod, Pacific, baked	2 ½ oz (75g)	0.1
Meat Alternatives		
Edamame, boiled	½ cup (125ml)	0.1
Eggs, poached	2 eggs (100g)	2.4
Black eye peas, cooked	¾ cup (175ml)	0.5
Dry roasted black beans	½ cup (125ml)	2
Vegetables and Fruits		
Swiss chard, cooked	½ cup (125ml)	0.1
Kale, raw	1 cup (250ml)	0.06
Chinese Broccoli, cooked	½ cup (125ml)	0.07
Squash, cooked	½ cup (125ml)	0.5
Artichoke hearts, boiled	½ cup (125ml)	0.2
Brussels sprouts, boiled	½ cup (125ml)	0.2
Dates	½ cup (125ml)	0.2
Avocado, sliced	½ cup (125ml)	1.4
Mango, cubed	½ cup (125ml)	0.2
White Mushrooms	1 cup (250ml)	1.5
Seaweed snacks	20g	0.6
Cucumber	1 cup (250ml)	0.3
Nutritional yeast	2 tbsp	1.5

How to get your daily total:

Option 1	
¼ cup dry roasted black beans at snack	2
½ cup sliced avocado with sliced mushroom on salad at dinner	1.4
	1.5
Seaweed snacks	0.6
Total = 5.5 mg	

Option 2	
2 eggs	2.4
Grilled chicken salad at lunch	0.7
Roasted potatoes at dinner	0.9
Total = 5 mg	

