

## Information About Vitamin B<sub>6</sub>

- Vitamin B<sub>6</sub> is a water-soluble vitamin. It is also known as pyridoxine.
- Your body uses Vitamin B<sub>6</sub> to make and use protein and glycogen, which is the stored energy in your muscles and liver.
- Vitamin B<sub>6</sub> helps form hemoglobin, which carries oxygen in your blood.

### How Much Vitamin B<sub>6</sub> Should I Aim For?

Age in Years	Aim for an intake of milligrams (mg)/day	Stay below * (mg/day)
Men and Women 19-50	1.3	100
Women 51 and older	1.5	100
Men 51 and older	1.7	100
Pregnant Women 19 and older	1.9	100
Breastfeeding Women 19 and older	2.0	100

\*This includes sources of vitamin B<sub>6</sub> from food and supplements

### Vitamin B<sub>6</sub> Content of Some Common Foods

The best sources of vitamin B<sub>6</sub> include meat, fish, poultry, organ meats, enriched cereals and meatless soy products, nuts, lentils and some vegetables and fruit. The following table will show you foods rich in vitamin B<sub>6</sub>.



Food	Serving size	Vitamin B6 (mg)
Vegetables and Fruit		
<i>Vegetables</i>		
Potato, with skin, cooked	1 medium	0.37-0.60
Sweet potato, with skin, cooked	1 medium	0.33
Carrot juice	125 mL (1/2 cup)	0.27
Balsam-pear/bitter melon, bitter melon, cooked	125 mL (1/2 cup)	0.23
<i>Fruit</i>		
Banana	1 medium	0.43
Durian	125 mL (1/2 cup)	0.41
Prune juice	125 mL (1/2 cup)	0.30
Prunes, canned	125 mL (1/2 cup)	0.25-.029
Avocado	½ fruit	0.26
Plantain, cooked	125 mL (1/2 cup)	0.20
Grain Products		
Waffle, buttermilk, frozen, toasted	1 waffle (33 g)	0.37
Wheat bran	30 g (1/2 cup)	0.35
<i>Cereal</i>	(check product label for serving size)	
100% Bran	30 g	0.20
Oatmeal, instant, cooked	175 mL (3/4 cup)	0.21-0.30
Milk and Alternatives	This food group contains very little of this nutrient.	
Meats and Alternatives		
<i>Organ Meat</i>		
Liver (turkey, beef), cooked	75 g (2 ½ oz)	0.66-0.76



Liver, chicken, cooked	75 g (2 ½ oz)	0.57-0.63
Kidney, beef, cooked	75 g (2 ½ oz)	0.29
<i>Meat</i>		
Venison/deer, various cuts, cooked	75 g (2 ½ oz)	0.46-0.57
Pork, various cuts, cooked	75 g (2 ½ oz)	0.24 - 0.59
Beef, various cuts, cooked	75 g (2 ½ oz)	0.20-0.30
Beef, ground, cooked	75 g (2 ½ oz)	0.24-0.29
<i>Poultry</i>		
Chicken, light meat, cooked	75 g (2 ½ oz)	0.25-0.48
Turkey, light meat, cooked	75 g (2 ½ oz)	0.20
<i>Fish and Seafood</i>		
Tuna, yellowfin/albacore, raw or cooked	75 g (2 ½ oz)	0.78-0.84
Salmon, Atlantic, wild, raw or cooked	75 g (2 ½ oz)	0.71-0.74
Salmon, Atlantic, farmed, raw or cooked	75 g (2 ½ oz)	0.49-0.57
Fish (herring, mackerel, bluefish, halibut, trout, snapper), cooked	75 g (2 ½ oz)	0.29 - 0.47
Salmon, Chinook, raw or cooked	75 g (2 ½ oz)	0.35-0.36
Tuna, white, canned in oil	75 g (2 ½ oz)	0.32
Salmon, chum, with bones, canned	75 g (2 ½ oz)	0.29
Tuna, light, canned in water	75 g (2 ½ oz)	0.26



<i>Meat Alternatives</i>		
Meatless, fish sticks, cooked	75 g (2 ½ oz)	1.13
Soy burger, vegetarian meatloaf or patty, cooked	75 g (2 ½ oz)	0.90
Meatless, luncheon slices	75 g (2 ½ oz)	0.67
Meatless, chicken, cooked	75 g (2 ½ oz)	0.53
<i>Legumes (dried beans, peas and lentils)</i>		
Chickpeas/garbanzo beans, cooked	175 mL (¾ cup)	0.84
Soybeans, mature, cooked	175 mL (¾ cup)	0.30
Beans, pinto, cooked	175 mL (¾ cup)	0.29
Tempeh/fermented soy product, cooked	150 g (¾ cup)	0.30
Refried beans	175 mL (¾ cup)	0.20
Lentils, cooked	175 mL (¾ cup)	0.26
<i>Nuts and Seeds</i>		
Pistachios, without shell	60 mL (¼ cup)	0.35
Sunflower seeds, without shell	60 mL (¼ cup)	0.27-0.48
Chinese chestnuts, without shell	60 mL (¼ cup)	0.16-0.26

Source:

“Canadian Nutrient File 2015”

[www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php)

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