

Foods highest in

Thiamin (B-1)

"Day%" is the % of the amount required each day; this is in "oz" (ounces) of each food. "oz" of each food is the amount that contains 100 calories. "Score" is total of all nutrient score - 165 is average.

"Day%" is based upon a

2 mg

nominal daily value.

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Complete Wheat Bran	85%	1194	1.1	31	Sprouted navy beans, cooked	24%	320	4.5	128
Complete Oat Bran Flakes	79%	1118	1.0	29	All-Bran Buds	24%	874	1.4	40
Total cereal	75%	1153	1.1	30	Oat bran	24%	330	1.4	41
Coffee, brewed	70%	1132	352.7	10000	Endive	24%	1482	20.7	588
Multi-Grain Cheerios	68%	952	0.9	26	Green leaf lettuce	23%	1957	23.5	667
Total Corn Flakes	67%	1004	0.9	27	Soyburger	23%	171	1.8	52
Sprouted kidney beans	64%	610	12.2	345	Beet greens	23%	1964	16.0	455
Sprouted kidney beans, cooked	55%	545	10.7	303	POST 100% BRAN	22%	320	1.2	35
Total Raisin Bran	44%	648	1.1	32	Coriander leaf, dried	22%	913	1.3	36
All-Bran Original	44%	1025	1.4	38	Kellogg's Special K	22%	529	0.9	26
Rice bran	44%	600	1.1	32	Boston lettuce	22%	1299	27.1	769
Seaweed, spirulina	43%	596	13.6	385	Toasted wheat germ	22%	521	0.9	26
Smart Start Cereal	43%	593	1.0	27	Romaine lettuce	21%	1566	20.7	588
Watercress	41%	2843	32.1	909	Dandelion greens	21%	849	7.8	222
All-Bran with fiber	39%	1098	1.8	52	Enoki mushrooms	20%	270	8.0	227
Smart Start Soy Protein	38%	541	1.0	27	Sunflower seed kernels	20%	220	0.6	18
Broccoli raab	37%	1267	16.0	455	Red leaf lettuce	20%	1603	22.0	625
Baby oatmeal, dry	36%	268	0.9	25	Corn flour, enriched	20%	145	1.0	27
Lean pork	35%	291	2.5	70	Lambquarters, raw	19%	1219	8.2	233
Wheaties	34%	436	1.0	27	Sprouted pinto beans	19%	334	5.7	161
Okra	32%	671	11.4	323	White mushrooms	18%	629	16.0	455
Ham	32%	297	2.6	74	CHEX snack mix	18%	177	0.8	24
Fiber One	31%	519	1.8	50	Podded peas	18%	492	8.4	238
Pork chops, lean boneless	30%	288	2.5	71	Oyster mushrooms	18%	429	10.1	286
Balsam-pear (bitter gourd)	30%	1072	11.8	333	Italian (Crimini) mushrooms	18%	606	13.1	370
Kellogg's Corn Flakes	30%	308	1.0	28	Ramen noodle	17%	53	0.8	23
Sprouted navy beans	29%	360	5.3	149	Cheerios	17%	368	1.0	27
Asparagus	29%	586	14.1	400	Spinach	17%	2601	15.3	435
Bamboo shoots	28%	393	13.1	370	Sprouted alfalfa seeds	17%	496	15.3	435
Toasted Wheat Bran	28%	819	1.8	50	Peas	16%	285	4.4	123
Wheat germ, crude	26%	416	1.0	28	Brussels sprouts	16%	692	8.2	233
Raisin Bran Cereal	26%	325	1.1	32	Flaxseeds	15%	158	0.7	19
Yellow mustard	26%	298	5.3	149	Mustard greens	15%	2403	13.6	385

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Chinese cabbage (bok choy)	15%	1749	27.1	769	Bagels, plain	12%	122	1.4	39
Sprouted pinto beans, cooked	15%	299	16.0	455	Sweet yellow corn	12%	139	4.1	116
Summer squash	15%	546	22.0	625	Broccoli stalks	12%	764	12.6	357
Zucchini	15%	553	22.0	625	Navy beans	11%	218	1.0	29
Portabella mushrooms	15%	593	13.6	385	Cauliflower	11%	566	14.1	400
Soybeans, green	15%	239	2.4	68	Semolina, enriched	11%	137	1.0	28
Purslane	15%	855	22.0	625	Pink beans	11%	206	1.0	29
Iceberg lettuce	15%	410	25.2	714	Japanese chestnuts	11%	158	2.3	65
Coriander (cilantro) leaves	15%	1762	15.3	435	Paprika	11%	763	1.2	35
Green bell peppers	14%	738	17.6	500	Cranberry beans	11%	224	1.1	30
Sprouted mung beans	14%	395	11.8	333	Japanese chestnuts, dried	11%	158	1.0	28
Mashed potato flakes	14%	116	1.0	28	White beans	11%	214	1.0	30
Sprouted soybeans	14%	271	2.9	82	Glazed doughnuts	11%	43	0.9	25
Tomato juice	14%	401	20.7	588	Frankfurter, pork	11%	99	1.3	37
Top loin pork roast	14%	207	1.6	44	Sprouted peas, cooked	11%	160	3.6	102
Green beans	14%	393	11.4	323	Kale	11%	1747	7.1	200
Kellogg's Nutri-Grain	14%	75	1.0	27	Turnip greens	11%	1791	11.0	313
Tomatoes, canned	13%	296	20.7	588	Sprouted lentils, cooked	11%	222	3.5	99
Black beans	13%	198	1.0	29	Catfish	11%	316	3.4	95
Chicken, liver	13%	983	3.0	86	Sprouted lentils	11%	231	3.3	94
Chicory greens	13%	1726	15.3	435	Chicken noodle soup	11%	126	6.7	189
Chives	13%	1205	11.8	333	Split peas	11%	192	1.0	29
Sprouted soybeans, cooked	13%	296	4.4	123	Pork liver	11%	1241	2.6	75
Orange juice, California	13%	190	8.0	227	Swiss chard	11%	2849	18.6	526
Bread crumbs, seasoned	13%	99	0.9	26	Soybeans	11%	264	0.8	24
Rutabagas	13%	251	9.8	278	Broccoli	10%	748	10.4	294
Lemons, with peel	13%	716	17.6	500	Red bell peppers	10%	1071	13.6	385
Garden cress	13%	1639	11.0	313	Gourd	10%	300	25.2	714
Lentils	12%	229	1.0	28	Tomatoes, ripe	10%	416	19.6	556
Veggie Dog	12%	17	2.6	75	Pinto beans	10%	206	1.0	29
Cabbage	12%	497	14.1	400	Sun-dried tomatoes	10%	211	1.4	39
Wheat bran, crude	12%	677	1.6	46	English muffins w. calcium	10%	124	1.3	37
Spaghetti, enriched	12%	138	1.0	27	Orange juice	10%	176	7.8	222
Sage	12%	554	1.1	32	Yellow beans	10%	211	1.0	29
Parsley	12%	2925	9.8	278	Pinyon nuts, dried	10%	103	0.6	16
Sprouted mung beans, cooked	12%	397	16.8	476	Oats	10%	165	0.9	26
Sprouted radish seeds	12%	355	8.2	233	Lotus seeds, dried	10%	156	1.1	30
Crushed tomatoes, canned	12%	310	11.0	313	Great northern beans	10%	218	1.0	29

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Pumpkin	10%	857	13.6	385	Poppy seed	8%	192	0.7	19
Lotus seeds raw	10%	156	4.0	112	Kidney beans	8%	217	1.1	30
Lima beans	10%	252	3.1	88	Pineapple, canned	8%	109	5.9	167
Mussels	9%	777	4.1	116	Swamp cabbage	8%	1506	18.6	526
Thyme, dried	9%	869	1.3	36	Pistachio nuts	8%	126	0.6	18
Kohlrabi	9%	510	13.1	370	Rosemary, dried	8%	274	1.1	30
Oranges	9%	205	7.5	213	Artichokes	8%	293	7.5	213
Deer meat	9%	364	2.9	83	Croutons	8%	84	0.9	25
Clementines	9%	167	7.5	213	Chicken noodle soup mix	8%	57	0.9	27
Barley	9%	143	1.0	28	Salmon	8%	452	1.9	55
Italian pork sausage	9%	79	1.0	29	Fresh tuna	8%	509	1.9	54
Grape-Nuts Cereal	9%	142	1.0	28	Gravy, au jus, dry	8%	-89	1.1	32
Cucumber	9%	264	23.5	667	Sourdough or French Bread	7%	101	1.2	35
Collards	9%	1611	11.8	333	Oysters	7%	2266	5.2	147
Chili peppers	9%	693	8.8	250	Whey, sweet, dried	7%	122	1.0	28
Link sausage, smoked	9%	82	0.9	26	Chinese waterchestnuts	7%	117	3.6	103
Mung beans	9%	218	1.0	29	Whole-wheat bread	7%	147	1.4	40
Wonton wrappers	9%	91	1.2	34	Turnips	7%	231	12.6	357
Spearmint, fresh	9%	838	8.0	227	Garlic powder	7%	141	1.1	30
Orange juice,concentrate	9%	138	2.2	63	Beef liver	7%	1808	2.6	74
Arugula	9%	825	14.1	400	Adzuki beans	7%	216	1.1	30
Sprouted peas	9%	180	2.8	78	Sesame seeds	7%	180	0.6	17
Orange juice, fr/concentrate	9%	147	7.8	222	Lemons	7%	318	12.2	345
Whey, acid	9%	147	14.7	417	Tomatillos	7%	212	11.0	313
Chicken Broth 1% fat	9%	17	88.2	2500	Dill seed	7%	250	1.2	33
Italian bread	9%	109	1.3	37	Tofu	7%	98	3.0	86
White rice, enriched	9%	119	2.9	81	Dill weed	7%	1166	8.2	233
White bread	9%	91	1.3	38	Savory	7%	450	1.3	37
Plain frozen waffles	8%	133	1.1	32	Biscuits, plain, dry mix	7%	59	0.8	23
Rye bread	8%	111	1.4	39	Garlic	7%	213	2.4	67
Cumin seed	8%	279	0.9	27	Hard pretzels	7%	75	0.9	26
Macadamia nuts	8%	96	0.5	14	Beef broth,from cube	7%	-584	117.6	3333
Dill weed, dried	8%	458	1.4	40	Seaweed, wakame	7%	562	7.8	222
Pineapple	8%	243	7.3	208	Whey, sweet	7%	107	13.1	370
Fava beans	8%	218	1.0	29	Crackers, saltines, fat-free	7%	83	0.9	25
Eggplant	8%	279	14.7	417	Celery	7%	422	22.0	625
7-grain bread	8%	144	1.4	40	Chickpeas (garbanzo)	7%	194	1.0	27
Carrots	8%	1011	8.6	244	Bread stuffing dry mix	7%	86	0.9	26

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Pumpernickel bread	7%	124	1.4	40	Fortified skim milk	5%	263	8.6	244
Dove, Squab	6%	114	1.6	46	Pineapple juice w/vit C	5%	152	6.7	189
Lemon peel	6%	479	7.5	213	Tangerines, mandarin oranges	5%	124	6.7	189
Ling	6%	361	4.1	115	Hummus	5%	113	2.1	60
Tilefish	6%	396	3.7	104	Brown rice	5%	125	1.0	27
Orange peel	6%	274	3.6	103	Clams	5%	1591	4.8	135
Durum wheat	6%	177	1.0	29	Ensure plus	5%	116	2.5	71
Veal liver	6%	2093	2.5	71	Marjoram, dried	5%	659	1.3	37
Cowpeas (blackeyes)	6%	223	3.9	111	Honeydew melons	5%	110	9.8	278
Whole wheat hard pretzels	6%	105	1.0	28	Potatoes with skin	5%	146	4.6	130
Soft pretzels	6%	25	1.0	30	Crackers with cheese filling	5%	51	0.7	20
Ginko nuts	6%	104	1.9	55	Red/cayenne pepper	5%	541	1.1	31
Cantaloupe	6%	395	10.4	294	Striped bass	5%	436	3.6	103
Wheat	6%	121	1.0	29	Grapefruit juice	5%	187	9.0	256
Onion powder	6%	86	1.0	29	Hazelnuts or filberts	5%	162	0.6	16
Parsnips	6%	190	4.7	133	Shiitake mushrooms	5%	356	1.2	34
Spaghetti squash	6%	137	11.4	323	Trout	5%	370	2.4	67
Fennel seed	6%	321	1.0	29	Spearmint, dried	5%	762	1.2	35
Soy milk	6%	274	6.8	192	Anise seed	5%	222	1.0	30
Peppermint, fresh	6%	556	5.0	143					
Commercial bisquits	6%	59	1.0	27					
Seaweed, kelp	6%	429	8.2	233					
Popovers, dry mix	6%	77	1.0	27					
Mustard seed	6%	222	0.8	21					
Caraway seeds	6%	254	1.1	30					
Onions	6%	113	8.8	250					
Quaker Puffed Rice	6%	70	0.9	26					
Non-fat dry milk w vit A	6%	218	1.0	28					
Sprouted wheat	6%	171	1.8	51					
Potatoes, no skin	6%	113	3.8	108					
Peanuts	6%	142	0.6	18					
Grapefruit	6%	228	11.0	313					
Oegano, dried	6%	519	1.2	33					
Millet	6%	107	0.9	26					
Chili powder	6%	497	1.1	32					
Sauerkraut, canned	6%	269	18.6	526					
Puffed millet	6%	60	1.0	28					
Watermelon	6%	117	11.8	333					