

# Foods highest in

# Niacin (B-3)

"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

**22 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	99%	1194	1.1	31	Veal liver	34%	2093	2.5	71
Total cereal	91%	1153	1.1	30	Chicken broth, condensed	33%	74	11.4	323
Complete Oat Bran Flakes	91%	1118	1.0	29	Dolphinfish	33%	377	4.1	118
Coffee, brewed	87%	1132	352.7	10000	All-Bran Buds	31%	874	1.4	40
Multi-Grain Cheerios	83%	952	0.9	26	Kellogg's Corn Flakes	31%	308	1.0	28
Total Corn Flakes	81%	1004	0.9	27	Sprouted radish seeds	30%	355	8.2	233
Portabella mushrooms	79%	593	13.6	385	Wheat bran, crude	29%	677	1.6	46
White mushrooms	75%	629	16.0	455	Tuna, canned in oil	28%	279	1.8	51
Oyster mushrooms	64%	429	10.1	286	Kellogg's Special K	28%	529	0.9	26
Coffee, instant, decaf	64%	351	176.4	5000	POST 100% BRAN	27%	320	1.2	35
Italian (Crimini) mushrooms	64%	606	13.1	370	Tomatillos	26%	212	11.0	313
Chicken Broth 1% fat	63%	17	88.2	2500	Fresh tuna	26%	509	1.9	54
Enoki mushrooms	61%	270	8.0	227	Wild rabbit	26%	236	3.1	88
Coffee, instant, regular	54%	232	176.4	5000	All-Bran Original	26%	1025	1.4	38
Total Raisin Bran	53%	648	1.1	32	Broccoli raab	25%	1267	16.0	455
Tuna, canned in water	52%	473	3.0	86	Salmon	25%	452	1.9	55
Pork liver	52%	1241	2.6	75	Halibut	24%	389	3.2	91
Smart Start Cereal	50%	593	1.0	27	Deer meat	24%	364	2.9	83
Rice bran	49%	600	1.1	32	Paprika	24%	763	1.2	35
Anchovies	49%	450	2.7	76	Beef, top sirloin lean	24%	289	2.7	76
All-Bran with fiber	47%	1098	1.8	52	Soyburger	23%	171	1.8	52
Toasted Wheat Bran	47%	819	1.8	50	Turkey, light meat	23%	317	3.1	87
Sprouted kidney beans	46%	610	12.2	345	Chicken, dark meat	23%	249	2.8	80
Smart Start Soy Protein	45%	541	1.0	27	Coriander (cilantro) leaves	22%	1762	15.3	435
Beef liver	44%	1808	2.6	74	Bluefish	22%	421	2.8	81
Chicken, light meat	42%	315	3.1	88	Shiitake mushrooms	22%	356	1.2	34
Sprouted kidney beans, cooked	42%	545	10.7	303	Swamp cabbage	22%	1506	18.6	526
Wheaties	41%	436	1.0	27	Pink salmon, canned	21%	548	2.5	72
Baby oatmeal, dry	41%	268	0.9	25	Seaweed, spirulina	21%	596	13.6	385
Chicken broth w sodium	39%	116	22.0	625	Cheerios	21%	368	1.0	27
Chicken, liver	38%	983	3.0	86	Atlantic mackerel	20%	450	1.7	49
Fiber One	38%	519	1.8	50	Shad	19%	327	1.8	51
Swordfish	36%	388	2.9	83	Tomatoes, canned	19%	296	20.7	588

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Haddock	19%	365	3.1	89	Crab	14%	590	4.1	115
Raisin Bran Cereal	19%	325	1.1	32	Mustard greens	14%	2403	13.6	385
CHEX snack mix	18%	177	0.8	24	Polar bear meat	14%	106	2.7	77
Mackerel, canned	18%	458	2.3	64	Spaghetti squash	14%	137	11.4	323
Tomato juice	18%	401	20.7	588	Pheasant	14%	73	1.4	40
Ham	18%	297	2.6	74	Summer squash	14%	546	22.0	625
Chicken gizzards	18%	100	3.8	106	Zucchini	14%	553	22.0	625
Asparagus	18%	586	14.1	400	Taragon, dried	14%	434	1.2	34
Sprouted mung beans, cooked	18%	397	16.8	476	Tilefish	14%	396	3.7	104
Trout	17%	370	2.4	67	Purslane	14%	855	22.0	625
Chinese cabbage (bok choy)	17%	1749	27.1	769	Parsley, dried	13%	903	1.3	36
Coriander leaf, dried	17%	913	1.3	36	Plain frozen waffles	13%	133	1.1	32
Crushed tomatoes, canned	17%	310	11.0	313	Capers, canned	13%	-147	15.3	435
Red bell peppers	17%	1071	13.6	385	Lambquarters, raw	13%	1219	8.2	233
Lean beef, chuck	17%	278	2.5	72	Dried basil	13%	866	1.4	40
Tomato paste	17%	243	4.3	122	Monkfish	13%	334	4.6	132
Chicken liver, canned	17%	261	1.8	50	Boston lettuce	12%	1299	27.1	769
Balsam-pear (bitter melon)	17%	1072	11.8	333	Red/cayenne pepper	12%	541	1.1	31
Sprouted pinto beans	17%	334	5.7	161	Eggplant	12%	279	14.7	417
Dill weed	17%	1166	8.2	233	Corn flour, enriched	12%	145	1.0	27
Kellogg's Nutri-Grain	17%	75	1.0	27	Pimento, canned	12%	884	15.3	435
Parsley	17%	2925	9.8	278	Ling	12%	361	4.1	115
Pork chops, lean boneless	16%	288	2.5	71	Northern pike	12%	365	4.0	114
Seaweed, wakame	16%	562	7.8	222	Beef tip round, lean, choice	12%	295	2.7	77
Pollock	16%	441	3.8	109	Farm-raised crayfish	12%	383	4.9	139
Sun-dried tomatoes	16%	211	1.4	39	Peas	12%	285	4.4	123
Dove, Squab	16%	114	1.6	46	Beef, round, lean	12%	218	1.5	44
Lean pork	16%	291	2.5	70	Nectarines	12%	98	8.0	227
Basil	16%	1751	13.1	370	Grape leaves	12%	998	3.8	108
Quail	15%	101	1.5	43	Chili powder	11%	497	1.1	32
Tomatoes, ripe	15%	416	19.6	556	Green leaf lettuce	11%	1957	23.5	667
Ginkgo nuts	15%	104	1.9	55	Sprouted mung beans	11%	395	11.8	333
Sprouted pinto beans, cooked	15%	299	16.0	455	Collards	11%	1611	11.8	333
Okra	15%	671	11.4	323	Turkey, dark meat	11%	270	2.8	80
Flounder	14%	386	3.9	110	Peppermint, fresh	11%	556	5.0	143
Spinach	14%	2601	15.3	435	Green beans	11%	393	11.4	323
Garden cress	14%	1639	11.0	313	Sprouted peas	11%	180	2.8	78
Chili peppers	14%	693	8.8	250	Shrimp	11%	382	3.3	94

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Grape-Nuts Cereal	11%	142	1.0	28	Celery	9%	422	22.0	625
Green bell peppers	11%	738	17.6	500	Kale	9%	1747	7.1	200
Carrots	11%	1011	8.6	244	Durum wheat	9%	177	1.0	29
Cod fish	11%	343	3.4	95	Chicken vegetable soup	9%	125	5.1	145
Clams	11%	1591	4.8	135	Sweet yellow corn	9%	139	4.1	116
Endive	11%	1482	20.7	588	Rutabagas	9%	251	9.8	278
Pumpkin	10%	857	13.6	385	Bacon, cooked	9%	95	0.6	18
Spearmint, dried	10%	762	1.2	35	Spaghetti, enriched	9%	138	1.0	27
Gourd	10%	300	25.2	714	Whole-wheat bread	9%	147	1.4	40
Broccoli stalks	10%	764	12.6	357	Wheat germ, crude	9%	416	1.0	28
Catfish	10%	316	3.4	95	Wild rice	9%	128	1.0	28
Top loin pork roast	10%	207	1.6	44	Broccoli	9%	748	10.4	294
Beef broth,from cube	10%	-584	117.6	3333	White rice, enriched	9%	119	2.9	81
Beef round, 1/4" fat	10%	242	1.8	52	Turnip greens	9%	1791	11.0	313
Artichokes	10%	293	7.5	213	Wonton wrappers	8%	91	1.2	34
Bamboo shoots	10%	393	13.1	370	Mussels	8%	777	4.1	116
Chicory greens	10%	1726	15.3	435	English muffins w. calcium	8%	124	1.3	37
Striped bass	10%	436	3.6	103	Romaine lettuce	8%	1566	20.7	588
Beef, ground,15% fat	10%	138	1.6	47	Frankfurter, turkey	8%	71	1.6	44
Cantaloupe	10%	395	10.4	294	Sprouted navy beans	8%	360	5.3	149
Chives	10%	1205	11.8	333	Beet greens	8%	1964	16.0	455
Spearmint, fresh	10%	838	8.0	227	Watercress	8%	2843	32.1	909
Peanuts	10%	142	0.6	18	Sage	8%	554	1.1	32
Swiss chard	10%	2849	18.6	526	Thyme, fresh	8%	695	3.5	99
Cauliflower	10%	566	14.1	400	Whole wheat hard pretzels	8%	105	1.0	28
Sprouted alfalfa seeds	10%	496	15.3	435	Dandelion greens	8%	849	7.8	222
Chicken noodle soup	9%	126	6.7	189	Thyme, dried	8%	869	1.3	36
Peaches	9%	104	9.0	256	Mashed potato flakes	8%	116	1.0	28
Fennel bulbs	9%	254	11.4	323	Fennel seed	8%	321	1.0	29
Ramen Oodles of Noodles	9%	-201	70.5	2000	7-grain bread	8%	144	1.4	40
Buckwheat	9%	131	1.0	29	Brussels sprouts	8%	692	8.2	233
Turkey leg, meat and skin	9%	224	2.4	69	Tomato soup	8%	88	5.9	167
Turkey wings	9%	143	1.7	48	Mustard seed	8%	222	0.8	21
Oegano, dried	9%	519	1.2	33	Perch	8%	380	3.9	110
Oysters	9%	2266	5.2	147	Semolina, enriched	8%	137	1.0	28
Rice cakes, brown rice	9%	115	0.9	26	White bread	7%	91	1.3	38
Orange roughy	9%	380	4.6	132	Sourdough or French Bread	7%	101	1.2	35
Red leaf lettuce	9%	1603	22.0	625	Sprouted navy beans, cooked	7%	320	4.5	128

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Lobster	7%	417	3.9	111	Scallops	6%	316	4.0	114
Italian bread	7%	109	1.3	37	Gravy, au jus, dry	6%	-89	1.1	32
Cowpeas (blackeyes)	7%	223	3.9	111	Lima beans	6%	252	3.1	88
Bread crumbs, seasoned	7%	99	0.9	26	Barley	6%	143	1.0	28
Guavas	7%	526	5.2	147	Chicken noodle soup mix	6%	57	0.9	27
Radishes	7%	356	22.0	625	Potatoes, au gratin, mix	6%	48	1.1	32
Sprouted wheat	7%	171	1.8	51	Meatball and pasta, canned	6%	95	3.4	97
Shredded wheat	7%	136	1.0	30	Soft pretzels	6%	25	1.0	30
Bagels, plain	7%	122	1.4	39	Bread stuffing dry mix	6%	86	0.9	26
Marjoram, dried	7%	659	1.3	37	Apricots raw	6%	188	7.3	208
Blackberries	7%	285	8.2	233	Acerola West Indian cherry	6%	5971	11.0	313
Potatoes, no skin	7%	113	3.8	108	Millet	6%	107	0.9	26
Savory	7%	450	1.3	37	Puffed millet	6%	60	1.0	28
Bulgur	7%	137	1.0	29	Pumpernickel bread	6%	124	1.4	40
Ground ginger	7%	490	1.0	29	Saltines (oyster, soup)	6%	53	0.8	23
Kohlrabi	7%	510	13.1	370	Cumin seed	6%	279	0.9	27
Rye bread	7%	111	1.4	39	Arugula	6%	825	14.1	400
Catsup	7%	27	3.6	103	Italian pork sausage	6%	79	1.0	29
Toasted wheat germ	7%	521	0.9	26	Strawberries	5%	359	11.0	313
Crackers, saltines, fat-free	7%	83	0.9	25	Frankfurter, chicken	5%	55	1.4	39
Ground tumeric	7%	284	1.0	28	Beer, regular	5%	-1	8.2	233
Mulberries	7%	188	8.2	233	Sprouted lentils, cooked	5%	222	3.5	99
Whiting	7%	377	3.0	86	Link sausage, smoked	5%	82	0.9	26
Rhubarb	6%	325	16.8	476	Honeydew melons	5%	110	9.8	278
Turnips	6%	231	12.6	357	Raspberries	5%	234	6.8	192
Podded peas	6%	492	8.4	238	Soybeans, green	5%	239	2.4	68
Spinach, canned	6%	1280	18.6	526	Litchis, dried	5%	92	1.3	36
Ensure plus	6%	116	2.5	71	Potatoes, hashed brown	5%	51	1.6	46
Wheat	6%	121	1.0	29	Dill weed, dried	5%	458	1.4	40
Brown rice	6%	125	1.0	27	Prune juice	5%	40	5.0	141
Potatoes with skin	6%	146	4.6	130					
Tempeh	6%	186	1.8	52					
Clementines	6%	167	7.5	213					
Hard pretzels	6%	75	0.9	26					
Beer, light	6%	-2	12.2	345					
Sprouted soybeans, cooked	6%	296	4.4	123					
Infant formula, SIMILAC	6%	96	5.3	152					
Croutons	6%	84	0.9	25					