

## VITAMIN B-6

The Recommended Daily Allowance for Vitamin B-6 varies with age. Adult men and women between 18 and 50 years, require 1.3mg.

### Foods Containing the Highest Levels of Vitamin B-6 (Vit B-6 mg per 100 grams of food)

**Data Source:** USDA National Nutrient Database for Standard Reference 28 Software v.3.8.6.5  
2018-02-04

**Food Groups Included:**

- American Indian/Alaska Native Foods and Wild Foods Tested
- Fruits
- Vegetables

**Food Groups Excluded:**

- Beef Products
- Dairy and Egg Products
- Lamb, Veal, and Game Products
- Legumes and Legume Products
- Nut and Seed Products
- Pork Products
- Poultry Product
- Prepared Foods

**Ordered by:** Nutrient Content from Highest to Lowest

**Date:** April, 2018

Description	Vitamin B-6(mg) Per 100 g
Garlic, raw	1.235
Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	0.957
Peppers, hot chile, sun-dried	0.81
Prunes, dehydrated (low-moisture), uncooked	0.745
Fireweed, leaves, raw	0.632
Potatoes, baked, skin only	0.614
Peppers, hot chili, red, raw	0.506
Peppers, jalapeno, raw	0.419
Grape leaves, raw	0.4
Bananas, raw	0.367
Seaweed, spirulina, dried	0.364
Pepper, banana, raw	0.357
Potatoes, Russet, flesh and skin, baked	0.354
Potatoes, Russet, flesh and skin, raw	0.345
Shallots, raw	0.345
Raisins, golden seedless	0.323

New Zealand spinach, raw	0.304
Plantains, raw	0.299
Currants, zante, dried	0.296
Mushrooms, shiitake, raw	0.293
Yam, raw	0.293
Peppers, sweet, red, raw	0.291
Radish seeds, sprouted, raw	0.285
Peppers, hot chili, green, raw	0.278
Salsify, (vegetable oyster), raw	0.277
Kale, raw	0.271
Peas, mature seeds, sprouted, raw	0.265
Turnip greens, raw	0.263
Avocados, raw, all commercial varieties	0.257
Dandelion greens, raw	0.251
Chicory roots, raw	0.241
Burdock root, raw	0.24
Bamboo shoots, raw	0.24
Leeks, (bulb and lower leaf-portion), raw	0.233
Lambsquarters, steamed (Northern Plains Indians)	0.232
Elderberries, raw	0.23
Kale, scotch, raw	0.227
Peppers, sweet, green, raw	0.224
Cauliflower, green, raw	0.222
Brussels sprouts, raw	0.219
Squash, summer, all varieties, raw	0.218
Okra, raw	0.215
Sweet potato, raw, unprepared	0.209
Cabbage, red, raw	0.209
Pumpkin leaves, raw	0.207
Lima beans, immature seeds, raw	0.204
Sugar-apples, (sweetsop), raw	0.2
Chokecherries, raw, pitted (Northern Plains Indians)	0.198