

PANTOTHENIC ACID (B-5)

The Recommended Dietary Allowance for Pantothenic Acid has not yet been established. However, an Adequate Intake (AI) level has been established at 5 mg. It is set at a level that is thought to ensure enough nutrition. Jan 7, 2017

Foods Containing the Highest Levels of Pantothenic Acid (Pantothenic Acid 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 and Fruit Juices;
- 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	Pantothenic acid(mg) Per 100 g
Mushrooms, shiitake, raw	1.5
Mushrooms, brown, italian, or crimini, raw	1.5
Mushrooms, white, raw	1.497
Avocados, raw	1.463
Mushrooms, white, stir-fried	1.45
Fireweed, leaves, raw	1.356
Mushrooms, oyster, raw	1.294
Blackberries, wild, raw (Alaska Native)	1.258
Chicory greens, raw	1.159
Peas, mature seeds, sprouted, raw	1.029
Endive, raw	0.9
Beans, navy, mature seeds, sprouted, raw	0.825
Rose Hips, wild (Northern Plains Indians)	0.8
Corn, sweet, white, raw	0.76
Peas, edible-podded, raw	0.75

Radish seeds, sprouted, raw	0.733
Corn, sweet, yellow, raw	0.717
Seaweed, wakame, raw	0.697
Cauliflower, green, raw	0.696
Cauliflower, raw	0.667
Seaweed, kelp, raw	0.642
Parsnips, raw	0.6
Arrowhead, raw	0.599
Garlic, raw	0.596
Lentils, sprouted, raw	0.578
Broccoli, raw	0.573
Coriander (cilantro) leaves, raw	0.57
Alfalfa seeds, sprouted, raw	0.563
Broccoli, raw	0.535
Seaweed, laver, raw	0.521
Guavas, common, raw	0.451
Broccoli raab, cooked	0.448
Mushrooms, morel, raw	0.44
Arugula, raw	0.437
Carrots, baby, raw	0.401
Parsley, fresh	0.4
Squash, winter, butternut, raw	0.4
Squash, winter, acorn, raw	0.4
Squash, winter, hubbard, raw	0.4
Chokecherries, raw, pitted (Northern Plains Indians)	0.398
Currants, european black, raw	0.398
Jerusalem-artichokes, raw	0.397
Carambola, (starfruit), raw	0.391
Mung beans, mature seeds, sprouted, raw	0.38
Potatoes, Russet, flesh and skin, baked	0.38
Turnip greens, raw	0.38
Pomegranates, raw	0.377