

Thiamin Content of Select Foods

| Food | Thiamin (mg) | Food | Thiamin (mg) |
|-----------------------|-----------------|-------------------|-----------------|
| Meats | | Grains | |
| pork roast (3 oz) | 0.8 | bran flakes (1 c) | 0.6 |
| beef (3 oz) | 0.4 | macaroni (½ c) | 0.1 |
| ham (3 oz) | 0.4 | rice (½ c) | 0.1 |
| liver (3 oz) | 0.2 | bread (1 sl) | 0.1 |
| Nuts and seeds | | Vegetables | |
| sunflower seeds (¼ c) | 0.7 | peas (½ c) | 0.3 |
| peanuts (¼ c) | 0.1 | lima beans (½ c) | 0.2 |
| Almonds (¼ c) | | corn (½ c) | 0.1 |
| Fruits | | broccoli (½ c) | 0.1 |
| orange juice (1 c) | 0.2 | potato (1) | 0.1 |
| orange (1) | 0.1 | | |
| avocado (½) | 0.1 | | |