

VITAMIN B1

Did you know???



Thiamine (also called vitamin B1) helps to make energy for your body and is needed for nervous system function. Thiamine is needed for growth, appetite and digestion.

NUTRITIONAL FACTS

FOOD	QTY	THIAMINE	DAILY %	CARBS	PROTEIN	CALS
Pork Roast (lean)	100g	0.6mg	53%	0g	28.8g	214
Black Beans	1 cup	0.4mg	34%	44.8g	14.2g	240
Peas	1 cup	0.4mg	32%	21g	7.9g	117
Brown Rice	1 cup	0.4mg	32%	51.7g	5.5g	248
Lentils	1 cup	0.3mg	28%	39.9g	17.9g	229
Ham	100g	0.3mg	25%	0.7g	18.7g	91
Mussels	100g	0.3mg	25%	7.4g	23.8g	172
Salmon	100g	0.3mg	25%	0	25.4g	182
White beans	1 cup	0.3mg	25%	55.5g	19g	289
Pasta	1 cup	0.2mg	18%	42.1g	8.4g	208

