

VITAMIN B3

Did you know???



Niacin (Vitamin B3) is a nutrient that is needed by the body to **make energy** from food, and for **important cellular functions**. In medicine it is used as a drug to lower high blood cholesterol levels. Also called nicotinamide and nicotinic acid.

NUTRITIONAL FACTS

FOOD	QTY	NIACIN	DAILY %	CARBS	PROTEIN	CALS
Tuna	100g	13.3mg	83%	0	25.5g	116
Chicken Breast	100g	12.4mg	78%	0	30.9g	173
Turkey	100g	11.8g	73%	0	30.1g	147
Salmon	100g	10.1g	63%	0	25.4g	182
Beef Liver	50g	8.8g	55%	2.6g	14.5g	96
Beef Steak	100g	7.9g	50%	0	29.98g	160
Sardines	100g	6.9g	43%	0	25.3g	195
Lamb Roast	100g	6.3g	39%	0	28.4g	204
Pork Roast (lean)	100g	5.4g	33%	0	28.8g	214
Brown Rice	1 cup	5.2g	32%	51.7g	5.5g	249

1. www.Cronometer.com
2. <https://ods.od.nih.gov/factsheets>