



## Food Sources: Vitamin B6

**Vitamin B6 (Pyridoxine)** is a water-soluble B vitamin that plays a key role in protein, carbohydrate, and fat metabolism. It is also essential for neurotransmitter synthesis, red blood cell formation, and supporting immune function.

Vitamin B6 is found in a wide range of foods, including poultry, fish, organ meats, fortified cereals, potatoes, bananas, and certain nuts and seeds. Because it is water-soluble, the body excretes excess amounts in urine, so consistent intake through diet or supplementation is important.

The RDA for Vitamin B6 is as follows:

- Adults, 19–50 years: 1.3 mg/day
- Males, 51+ years: 1.7 mg/day
- Females, 51+ years: 1.5 mg/day
- Pregnancy, 19+ years: 1.9 mg/day
- Lactation, 19+ years: 2.0 mg/day

### **Food, standard serving size**

#### **Average Vitamin B6 Content (mg)**

- Chickpeas, cooked, 1 cup – 1.1 mg
- Tuna, yellowfin, cooked, 3 oz – 0.9 mg
- Salmon, cooked, 3 oz – 0.6 mg
- Chicken breast, roasted, 3 oz – 0.5 mg
- Turkey, light meat, 3 oz – 0.5 mg
- Banana, 1 medium – 0.4 mg
- Potatoes, baked, 1 medium – 0.4 mg
- Spinach, boiled, ½ cup – 0.2 mg
- Avocado, ½ medium – 0.2 mg