

# Food Sources of Vitamin B<sub>6</sub>

Energy drink (vitamin B <sub>6</sub> -fortified)	Breakfast cereal (vitamin B <sub>6</sub> -fortified)	Fruit juice (vitamin B <sub>6</sub> -fortified)	Meat substitutes (vitamin B <sub>6</sub> -fortified)
Ruffed grouse meat	Formulated bar (vitamin B <sub>6</sub> -fortified)	Juice drink (vitamin B <sub>6</sub> -fortified)	Water (vitamin B <sub>6</sub> -fortified)
Drumstick leaves	Liver	Tuna	Mamey sapote
Leafy tips of bitter gourd	Chicken meat	Elk meat	Turkey meat
Salmon (except canned or smoked)	Pork meat	Malted milk drink (vitamin B <sub>6</sub> -fortified)	Nutrition shake (vitamin B <sub>6</sub> -fortified)
Buffalo meat	Emu meat	Beef meat	Pheasant meat
Peanut butter (vitamin B <sub>6</sub> -fortified)	Waffles (vitamin B <sub>6</sub> -fortified)	Veal meat	Potherb jute
Cereal bar (vitamin B <sub>6</sub> -fortified)	Goose meat	Protein shake (vitamin B <sub>6</sub> -fortified)	Wild duck meat
Hearts of palm (not canned)	Granola bar (vitamin B <sub>6</sub> -fortified)	Quail meat	Bison meat
Ostrich meat	Rice bran	Deer meat	Halibut
Swordfish	Squab meat	Giblets	Prune juice
Octopus	Rabbit meat	Fireweed leaves	Vegetable oil spread (vitamin B <sub>6</sub> -fortified)
Carrot juice	Guinea hen meat	Bananas	Raw pistachio nuts
Protein bar (vitamin B <sub>6</sub> -fortified)	Prairie turnips	Mackerel	Dove meat
Potatoes (flesh and skin)	Whelk	Striped mullet	French toast (vitamin B <sub>6</sub> -fortified)
Milkfish	Pacific herring	Jackfruit (not canned)	Chocolate bar (vitamin B <sub>6</sub> -fortified)
Bluefish	Mahi-mahi	Sea bass	Seatrout
Snapper	Spot (fish)	Wolffish	Durian
Potato skin	Cusk	Instant breakfast drink (vitamin B <sub>6</sub> -fortified)	Raw plantains
American shad	Dried sunflower seed kernels	Beaver meat	Muskrat meat
Opossum meat	Raccoon meat	Yam	Cherimoya
Toaster pastries (vitamin B <sub>6</sub> -fortified)	Boar meat	Dried safflower seed kernels	