

B-VITAMIN SUMMARY CHART

| B-Vitamin | Daily Amount Recommended | Function | A 3-ounce Serving of Beef Provides... |
|-----------------------------------|--|--|--|
| Thiamin(B₁) | | | |
| | Males: 1.2mg Females: 1.1mg | Helps cells convert carbohydrates into energy in all body cells. Necessary for maintaining brain, nerve cell and heart function. | 0.085mg – – or 7% of the RDA for men and 8% of the RDA for women. Other sources: whole-grain and enriched grain products, such as bread, rice, tortillas, legumes, pork. |
| Riboflavin (B₂) | | | |
| | Males: 1.3mg Females: 1.1mg | Helps cells convert carbohydrates into energy in all body cells. Changes the amino acid tryptophan into niacin. Essential for growth, production of red blood cells, and skin and eye health. | 0.204mg – – or 16% of the RDA for men and 19% of the RDA for women. Other sources: poultry, fish, eggs, enriched bread, green leafy vegetables. |
| Niacin (B₃) | | | |
| | Males: 16mg Females: 14mg | Helps produce energy in body's cells and helps release energy from food. Helps enzymes function normally and maintains healthy skin, nerves and digestive system. | 3.51mg – – or 22% of the RDA for men and 25% of the RDA for women. Other sources: poultry, fish, peanut butter, legumes, and enriched fortified grain products. |
| B₆(pyroxidine) | | | |
| | Males: 1.3mg to age 50, then 1.7mg Females: 1.3mg to age 50, then 1.5mg | Helps make nonessential amino acids, which are then used to make body cells. Helps turn tryptophan into niacin and serotonin. Helps produce other body chemicals like insulin, hemoglobin and antibodies. Vital in chemical reactions of proteins and amino acids. Helps maintain brain function and form red blood cells. | 0.315mg – – or 24% of the RDA for men to age 50, 19% of the RDA for men over age 50; and 24% of the RDA for women to age 50, 21% of the RDA for women over age 50. Other sources: poultry, fish, pork, liver, eggs, kidney, whole grains. |
| B₁₂ | | | |
| | Males: 2.4mg Females: 2.4mg | Works closely with folate to form red cells. Vital part of many body chemicals (thus occurring in every body cell), and helps the body metabolize fatty acids and some amino acids. Maintains normal functioning of the nervous system and helps build genetic material. | 2.224mg – – or 94% of total needs for men and women. Other sources: eggs, poultry, fish, milk. |

Sources:

Institute of Medicine, Food and Nutrition Board. Standing Committee on the Scientific Evaluation of Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B₆, Folate, Vitamin B₁₂, Pantothenic Acid, Biotin and Choline. Washington, DC: National Academy Press; 1998.

U.S. Department of Agriculture, Agricultural Research Service. 2001. USDA Nutrient Database for Standard Reference, Release 14. Nutrient Data Laboratory Home Page, www.nal.usda.gov/fnic/foodcomp. (Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, all grades, cooked, NDB No:13012.)