

Food Sources of Thiamin

Meat substitutes (thiamin-fortified)	Breakfast cereal (thiamin-fortified)	Formulated bar (thiamin-fortified)	Lamb liver	Pork meat (not canned)	Juice drink (thiamin-fortified)	Winged bean leaves
Lamb kidney	Pork heart	Malted milk drink (thiamin-fortified)	Protein bar (thiamin-fortified)	Spaghetti (thiamin-fortified)	Duck liver	Goose liver
Florida pompano	Deer meat	Pancakes (thiamin-fortified)	Egg noodles (thiamin-fortified)	Veal heart	Bagels (thiamin-fortified)	Durian
Protein shake (thiamin-fortified)	Flaxseed	Pasta (thiamin-fortified)	Caribou hind quarter	Sunflower seed flour	Sesame butter	Raccoon meat
Emu meat	Granola bar (thiamin-fortified)	Wild duck meat	Pork salami	Immature seeds of pigeonpea	Tortillas (thiamin-fortified)	Dried sunflower seed kernels
Masa flour (thiamin-fortified)	Waffles (thiamin-fortified)	Boar meat	Nutrition shake (thiamin-fortified)	Rice (thiamin-fortified)	Rice bran	Burbot
Sesame flour	Hyacinth beans	Pork ham	Bread (thiamin-fortified)	Pork loaf	Winged beans	Rice and vermicelli mix (thiamin-fortified)
Hemp seed	Pork kidney	Dried pine nuts (pinyon)	Green soybeans	Toaster pastries (thiamin-fortified)	Canadian bacon	Green peas (not canned)
Sesame seeds	Lamb testes	Dried safflower seed kernels	Oats	Italian pork sausage	Immature seeds of pinto bean	Chicken liver
Pink beans	Raw macadamia nuts	Leafy tips of cowpea	Cottonseed flour	Burrito (thiamin-fortified)	Pork frankfurter	Winged bean tuber
Black beans (not canned)	Instant breakfast drink (thiamin-fortified)	Quail meat	Squab meat	Yardlong beans	Navy beans (not canned)	Small white beans
Lentils	Pork beerwurst	Cowpeas (not canned)	English muffins (thiamin-fortified)	Walleye pike	Biscuits (thiamin-fortified)	Hulled barley
Bread crumbs (thiamin-fortified)	Atlantic salmon	Pork bologna sausage	Wheat germ	Polish pork sausage	Infant or child formula (thiamin-fortified)	Cranberry beans (not canned)
Wheat flour (thiamin-fortified)	Bluefin tuna	Raw pistachio nuts	Dried hickory nuts	French toast (thiamin-fortified)	Teff	Dried pili nuts
Split peas	Blue mussel	Pork bratwurst sausage	Pinto beans (not canned)	Brown rice	Semolina (thiamin-fortified)	Yellow beans