

# THIAMIN (VITAMIN B<sub>1</sub>)



Oregon State University  
Linus Pauling Institute

## MAIN FUNCTIONS

- Helps convert food into useable energy
- Assists enzymes involved in glucose and amino acid metabolism

## GOOD SOURCES

### Legumes

beans · peas · lentils

- Lentils (cooked),  
½ cup, 0.17 mg



### Whole Grains

wheat · oats · barley

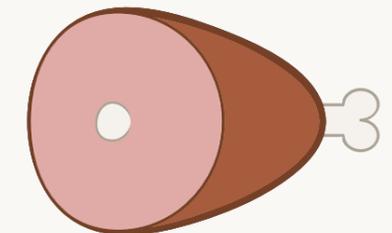
- Brown Rice, 1 cup,  
0.19 mg



### Pork Products

ham · pork

- Lean Pork,  
3 ounces, 0.81 mg



mg = milligrams; a 3-ounce serving of meat or fish is about the size of a deck of cards

## DAILY RECOMMENDATION

1.2  
mg

Men

1.1  
mg

Women

## SPECIAL NOTES

- In the US, thiamin is sometimes added back to refined grains, a process called enrichment.
- Thus, enriched rice, bread, breakfast cereal, and energy bars are also a source of thiamin.