

# NIACIN RICH FOODS



**Goat liver**  
(बकरे का जिगर)  
Niacin - 12.9 mg



**Groundnut**  
(मूँगफली)  
Niacin - 11.4 mg



**Chicken poultry breast**  
(मूर्गे का स्तन)  
Niacin - 8.1 mg



**Tuna fish**  
(टूना मछली)  
Niacin - 5.0 mg



**Brown rice**  
(भूरा चावल)  
Niacin - 3.4 mg

\*Nutrient rich food items derived from relevant food groups, locally available and commonly consumed by the Indian population

Values are per 100 g

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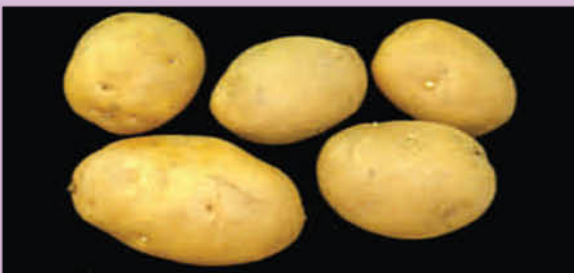
Wheat whole  
(गेहूँ)  
Niacin - 2.7 mg



Peas dry  
(सुखी मटर)  
Niacin - 2.7 mg



Dates, dry, pale brown  
(खजूर)  
Niacin - 1.5 mg



Potato brown skin  
(आलू)  
Niacin - 1.4 mg



Drumstick leaves  
(सहजन के पत्ते)  
Niacin - 0.8 mg

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