

# PYRIDOXINE RICH FOODS



**Rohu fish**  
(रोहू मछली)  
Pyridoxine (B6) - 240 mg



**Sunflower seeds**  
(सूरजमुखी के बीज)  
Pyridoxine (B6) - 0.94 Mg



**Drumstick leaves**  
(सहजन के पत्ते)  
Pyridoxine (B6) - 0.87 mg



**Walnut**  
(अखरोट)  
Pyridoxine (B6) - 0.80 mg



**Black gram whole**  
(छिलके वाली उड़द दाल)  
Pyridoxine (B6) - 0.53 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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**Banana, ripe**  
(केला)  
Pyridoxine (B6) - 0.51 mg



**Lentil whole yellow**  
(मसूर दाल)  
Pyridoxine (B6) - 0.47 mg



**French beans, hybrid**  
(बकला)  
Pyridoxine (B6) - 0.44 mg



**Fenugreek leaves**  
(मेथी के पत्ते)  
Pyridoxine (B6) - 0.38 mg



**Rice, raw, brown**  
(भूरा चावल)  
Pyridoxine (B6) - 0.37 mg

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