

THIAMINE RICH FOODS



Poppy seeds
(खसखस)
Thiamine (B1) - 0.87mg



Red gram whole
(साबूत अरहर)
Thiamine (B1) - 0.74 mg



Soyabean brown
(भूरी सोयाबीन)
Thiamine (B1) - 0.59 mg



Wheat whole
(गेहूँ)
Thiamine (B1) - 0.46 mg



Ragi
(रागी)
Thiamine (B1) - 0.37 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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Jowar
(ज्वार)
Thiamine (B1) - 0.35 mg



Apricot processed
(खुमानी)
Thiamine (B1) - 0.25 mg



Spinach
(पालक)
Thiamine (B1) - 0.16 mg



Broad beans
(चौड़ी सेम)
Thiamine (B1) - 0.12 mg



Mustard leaves
(सरसों के पत्ते)
Thiamine (B1) - 0.08 mg

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