


# Pregnancy-Safe Sources Of VITAMIN B COMPLEX

## B1 (Thiamine)

-  White rice
-  Pecans
-  Salmon
-  Lentils

B<sup>1</sup>

## B2 (Riboflavin)

-  Soybeans
-  Mushrooms
-  Low-fat yogurt
-  Almonds

B<sup>2</sup>

## B3 (Niacin)

-  Turkey
-  Chicken breast
-  Tuna
-  Crimini mushrooms

B<sup>3</sup>

## B5 (Pantothenic acid)

-  Sweet potato
-  Cauliflower
-  Oatmeal
-  Yellow corn

B<sup>5</sup>

## B6 (Pyridoxine)

-  Spinach
-  Avocado
-  Hazelnuts
-  Chicken

B<sup>6</sup>

## B7 (Biotin)

-  Milk
-  Liver
-  Cheese
-  Egg yolk

B<sup>7</sup>

## B9 (Folic acid)

-  Fortified cereals
-  Lentils
-  Spinach
-  Egg noodles

B<sup>9</sup>

## B12 (Cobalamin)

-  Sardines
-  Shrimp
-  Venison
-  Salmon

B<sup>12</sup>