

13 Foods With Vitamin B You Should Be Eating Now

By [Julie Marks](#) | Updated on December 08, 2025

✓ Medically reviewed by [Elizabeth Barnes, RDN](#)

Key Takeaways

Red meat is rich in vitamin B12, which is important for healthy blood and nerve cells.

Avocados have many B vitamins, including B2, B6, and B5, and healthy fats that help you feel full.

Leafy greens like spinach and kale are high in folate, an important B vitamin.

B vitamins are essential for many bodily functions, including turning food into energy and creating red blood cells. Key B vitamins include thiamine (B1), riboflavin (B2), niacin (B3), folic acid (B9), and cobalamin (B12). ^[1]

You can find B vitamins in unprocessed foods such as meat, eggs, leafy green vegetables (e.g., kale, spinach, romaine lettuce), citrus fruits, and more. You can also get them through supplements. However, it's better to [get these nutrients from food sources](#).



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1. Meat, Poultry, Fish

Red meat contains thiamine, niacin, and pyridoxine (B6).^[2] A T-bone steak contains the recommended daily amount of vitamin B12. Vitamin B12 helps keep your body's blood and nerve cells healthy.^[3]

Poultry, like chicken and turkey, is also loaded with B vitamins, including vitamins B1, B3, B6, and riboflavin (B2). Vitamin B6 is found more in chicken or turkey breasts.^[4] It helps your immune and nervous systems function properly and plays a role in metabolism.^[5]

Fatty fish, like salmon, contain high amounts of vitamins B12, B3, B6, and B2. Salmon is also high in omega-3 fatty acids, which may promote brain health. One study found adding a salmon protein supplement to a person's diet for eight weeks increased their serum vitamin B12 concentrations.^[6]

2. Liver

Liver and other organ meats are a great source of B vitamins. Liver is a good source of [pantothenic acid](#) (B5) and folate. Pantothenic acid helps your body release energy from food, while folate helps make red blood

3. Eggs

Eggs contain several B vitamins, including B12 and B2. Two large eggs provide about 46% of your daily value (DV), meaning the recommended amount of nutrients to get or not to exceed each day, of B12 and 39% of your DV of B2. ^[8] Riboflavin keeps your skin, eyes, and nervous system healthy. It also helps your body release energy from the foods you eat. ^[7]

Egg yolks also contain a good amount of biotin (B7), which helps your body make fatty acids and helps the body break down carbohydrates, fats, and proteins to use as energy. ^[7]

4. Legumes

Legumes are a family of foods that includes beans, peas, and lentils. They are a good source of B vitamins, especially folate. A half cup of green soybeans (edamame) provides 60% of your DV of folate. ^[9] Lentils are also high in protein and fiber. ^[10] They are a good food choice for people following a [plant-based diet](#).

5. Leafy Greens

[Dark green leafy vegetables](#) are chock full of vitamins and nutrients, including B vitamins. They contain an especially high amount of folate. Some examples of leafy greens include spinach, kale, and collards. A half cup of cooked spinach contains about 39% of your daily value of folate. ^[11]

6. Avocados

Avocados contain many B vitamins, including B2, B6, and B5. ^[7] They are also rich in biotin. Additionally, avocados contain healthy fats, which may

7. Whole Grains

Eating whole grains can boost vitamin B. [Whole-grain bread](#) is a good source of thiamine. This vitamin helps keep your nervous system healthy and aids your body in breaking down and releasing energy from food. ^[7] Oats, brown rice, and pasta are other whole grains that contain B vitamins.

8. Fortified Breakfast Cereals

[Fortified breakfast cereals](#) have different types of vitamin B added to them. Many include folic acid and vitamins B12, B1, B2, B5, and B6. ^[7] While these cereals contain several nutrients, they also typically have a high sugar content. It's a good idea to check the label to ensure the product does not contain excessive amounts of sugar.

9. Milk

Milk contains a variety of B vitamins. Just 1 cup provides about 26% of your daily value of riboflavin. ^[12] Milk is also rich in calcium and vitamin D, which can help [promote strong bones](#).

10. Citrus Fruits

Not only are [citrus fruits](#) like oranges, lemons, limes, and tangerines high in vitamin C, but they are also a good source of vitamin B6. Studies suggest B6 may reduce the risk of heart disease. ^[13]

11. Oysters, Clams, and Mussels

source of fatty acids.

12. Yogurt

Yogurt is another dairy product containing B12 and B2.^[7] Be sure to check the labels, as many nondairy yogurt alternatives don't provide as many B vitamins as those made with dairy. You can enjoy plain yogurt on its own or add it to a smoothie or fruit bowl.

13. Sunflower Seeds

[Sunflower seeds](#) are good sources of B5 and B7. These tiny seeds also boast fiber, unsaturated fat, and protein. You can sprinkle sunflower seeds on your favorite dish or dessert. Or consume them right out of the package.



A Word From Verywell

Getting enough vitamin B is easy, even for those following a plant-based diet. Simply incorporate more whole, minimally processed foods into your meals. Nutrient-rich options like leafy greens, beans and legumes, nuts, seeds, and whole grains are delicious and natural sources of vitamin B.”

— ELIZABETH BARNES, RDN, MEDICAL EXPERT BOARD



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 **tinned sardines on a bright yellow background**

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 **salad bowl**

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 **Milk being poured into a glass; high phosphorous foods**

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 **Magnesium tablets**

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 **A dish with kale, edamame, and avocado, all rich in folate**

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 **Various nuts and seeds in bowls**

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 Plate of fresh tangerines, mandarins, or clementines with leaves on table.

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 An image of chopped mushrooms and eggs

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