

Download What Foods Are High In Niacin

Niacin, or vitamin B3, is an essential nutrient, which aids your metabolism and nervous system and which you must obtain through your diet. Here are 16 foods high in niacin. High niacin foods include fish, chicken, turkey, pork, beef, mushrooms, brown rice, peanuts, avocados, green peas, and avocados. The current daily value (% DV) for ... Vitamin B3 Uses in Traditional Medicine. Foods high in niacin are typically rich in a long list of other important nutrients as well, which is why most can fit seamlessly into many forms of traditional medicine for their healing and health-promoting properties. Basic Description. Niacin is a blanket term for a family of compounds with vitamin B3 activity. The terms "niacin" and "vitamin B3" can be used interchangeably, and whenever you find either term on our website, we are referring to the same group of compounds.