

Northwestern University. Department of Preventative Medicine. Chicago, IL.

Dietary sources of biotin.

FOOD	Biotin (mcg)
Brewer's yeast, 3.5 oz:	115
Beef liver, 3.5 oz:	100
Peanuts, 1/2 cup:	73
Filberts, 1/2 cup:	51
Almonds, 1/2 cup:	34
Peanut butter, 2 Tbl:	32
White mushrooms, 3.5 oz:	16
Soy protein isolate, 1 oz:	8.5
Egg, 1 large cooked:	8.1
Cashews, 1/2 cup:	8.9
Low fat yogurt, 1 cup:	7.4
Spinach, 3.5 oz:	6.9
Haddock, 3.5 oz cooked:	6.0
Sweet potatoes, canned, 1/2 cup:	5.5
Swiss chard, cooked, 1/2 cup:	5.3
Salmon, 3.5 oz cooked:	5.0
Nonfat milk, 1 cup:	4.9
Tomato sauce, 1/2 cup:	4.7
Carrots, 1/2 cup, cooked:	3.9
Avocado, half:	3.6
Carrot, 7.5" raw:	3.6
Papaya cubes, 1 cup:	3.1
Banana, one:	3.1
Pork, 3.5 oz cooked:	3.0
Tuna, 3.5 oz canned:	3.0