

Thiamin Foods

Pork

Fortified cereals

Fortified and enriched grains and products made from them, including bagels, biscuits, breads, crackers and pasta

Soy milk

Tomato juice

Split peas

Lentils

Sunflower seeds

Macadamia nuts

Cashews

Pistachios

Winter squash-- baked and mashed, including acorn, butternut, Hubbard, buttercup

Lima beans

Navy beans

Sweet corn

Green peas

Wheat germ

Watermelon

Potatoes

Asparagus

Oranges

Pineapple, canned in its own juice