

Vitamin B6 Foods

Bananas

Potatoes

Fortified and Enriched cereals and grains and products made with them.

Tomato Juice

Chicken breast

Amaranth

Quinoa

Lima Beans

Garbanzo Beans

Soy Beans

Brussels Sprouts

Greens

Peppers

Spinach

Winter Squash

Sweet Potatoes

Walnuts

Salmon

Beef

Pork