

## World's Healthiest Foods rich in vitamin B3

Food	Cals	DR/DV
<a href="#">Tuna</a>	147	156%
<a href="#">Chicken</a>	187	97%
<a href="#">Turkey</a>	167	83%
<a href="#">Salmon</a>	158	56%
<a href="#">Lamb</a>	310	50%
<a href="#">Beef</a>	175	48%
<a href="#">Sardines</a>	189	30%
<a href="#">Peanuts</a>	207	28%
<a href="#">Shrimp</a>	135	19%
<a href="#">Brown Rice</a>	216	19%