

# HEALTHY DIETARY SOURCES OF BIOTIN DURING PREGNANCY



Cooked eggs (particularly egg yolk)



Fish (salmon, tuna, and sardines)



Nuts (almonds, peanuts, pecans, and walnuts) and nut butters



Roasted sunflower seeds



Soybeans



Legumes (beans and black-eyed peas)



Whole grains



Vegetables (Cauliflower, broccoli, sweet potatoes, and spinach)



Bananas



Mushrooms



## References

- 1 Vitamin H (Biotin); Mount Sinai
- 2 Biotin; National Institutes of Health