

Sources of chromium

Chromium is considered an essential micronutrient for humans. It is a trace element which is naturally found in many foods; however, amounts vary widely depending on local soil and water conditions as well as agricultural and manufacturing processes.



The adequate Intake (AI)



19+ male
35 µg/day



19+ female
25 µg/day



Pregnancy
30 µg/day



Lactation
45 µg/day

Food (serving size)	Chromium (µg)
Almonds , raw with skin (70 g, ½ cup)	13.2
Kale , boiled (100g, 1 cup)	13.1
Chocolate , milk (100 g)	12.6
Grape juice (1 cup)	7.5
Spinach , baby, fresh, raw (30 g, 1 cup)	6.7
Psyllium , uncooked (5 g)	6
Ham (85 g)	3.6
Pumpkin seeds , dried (60g, ½ cup)	4.4
Brewer's yeast (1 tablespoon)	3.3
Cottage cheese (81 g, ½ cup)	2.9
Orange juice (1 cup)	2.2
Turkey, breast (85 g)	1.7
Tomato juice (1 cup)	1.5
Apple , with peel (1 medium)	1.4
Blueberries , raw (75 g, ½ cup)	1.4
Green beans (½ cup)	1.1
Banana (1 medium)	1.0
Wholewheat bread (1 slice)	1.0
Butter (15 g, 1 tablespoon)	0.9
Tomato (1 medium)	0.9
Peanut butter (1 tablespoon)	0.6
Rice , white (½ cup)	0.6
Peas (½ cup)	0.4
Orange (1 medium)	0.4
Carrots , raw (1 medium)	0.3