

Thiamine content (mg) per 100 g of edible portion of foods that are frequently consumed in Laos<sup>12</sup>

Food (in English)	Food (in Lao)	Thiamine (mg)
Milk powder for pregnancy, Annum brand	Noom foun ka annmum	2.00
Sesame seeds, white, roasted	Maak nga khoua	0.83
Pork sausage, grilled	Ping sai oua moo	0.74
Pork, raw	Sine moo soth	0.64
Pork, boiled	Toom sine moo	0.58
Peanut boiled	Thoua din toom	0.56
Baby milk powder, dumex Hi Q brand	Noom foun ka Dumex Hi Q	0.56
Baby milk powder, lactogen brand	Noom foun ka lactogen	0.56
Baby food, cerelac	Ahanh deak ka Cerelac	0.40
Horse tamarind, young leaves	Bai ka thin soth	0.33
Pork, grilled	Ping sine moo	0.32
Chicken liver, boiled	Toom tab kai	0.32
Pork, liver, grilled	Ping tab moo	0.32
Chicken, liver, grilled	Ping tab kai	0.32
Pork, shredded, Chinese style	Moo foi	0.32
Pork, liver, raw	Tab moo dip	0.32
Chicken, liver, raw	Tab kai dip	0.32
Beef, liver, raw	Tab ngoua dip	0.28
Beef, liver, grilled	Ping tab ngoua	0.28
Beef, grilled	Ping sine ngoua	0.25
Omelet duck egg	Cheuan khai pet	0.23
Pork, spleen, raw	Mam moo dip	0.21
Cowpea, seeds, black, dried, boiled	Thoua dam toom	0.20
Milk, instant, Annum brand	Noom kong ka annmum	0.20
Rice noodle with pork and coconut milk soup	Mee ka thi	0.20
Horse tamarind, seeds	Maak ka thin soth	0.19
Tamarind, young leaf, fresh	Bai maak kham onh	0.18
Beef internal organ barbecue	Sieb khuang nai ngoua	0.17
Rice porridge, boiled with pork	kaho piek khao moo	0.16
Mint, leaf	Pak houn lab soth	0.15
Egg, duck, whole, boiled	kai pet toom	0.15
Chili pepper, hot, red, fresh	Maak phet soth	0.15
Ovantine, mixed with warm water	Ovantine	0.14
Wheat noodle (waiwai), instant	Mee sam let hoob	0.13
Rice noodle (mee suah)	Sen khao piek	0.13
Egg, hen, whole	Khai kai dip	0.13
Short bodied mackerel fried	Cheua pa tu	0.13
Food (in English)	Food (in Lao)	Thiamine (mg)
Duck, roasted	Ping pet	0.12

Beef ball, blanched	Look sine ngoua	0.12
Beef, lung, raw	Pod ngoua dip	0.12
Fermented rice noodle with fish soup	Khao poun nam pa	0.12
Fermented rice noodle with chicken soup	Khao poun nam kai	0.12
Cake, sponge	Khao nom khai	0.12
Bean sprouts, fresh	Thoua ngok soth	0.11
Chicken, heart	Houa chay kai dip	0.11
Short bodied mackerel, roasted	Ping pa tu	0.11
Shallot, bulb	houa boua hang	0.11
Rice, white	Khao chao	0.10
Coriander, fresh	Pak hom pome	0.10
Yard long bean, green, fresh	Maak thoua ngao soth	0.10
Soup, chicken, broth	Soup kai ka kha nor	0.10
Hairy basil, fresh	Pak e tu	0.09
Beef, dry, fried	Cheun sine ngoua hang	0.09
Nile tilapia, roasted	Ping pa nin	0.09
Egg, hen, whole, boiled	Khai kai toom	0.09
Wheat noodle (waiwai), instant, boiled with seasoning	Toom mee sam let hoob	0.09
Morning glory/Swamp cabbage, fresh	pak bong soth	0.08
Wildbetal leafbush	Pak e leuad	0.08
Beef, spleen, raw	Mam ngoua dip	0.08
Chinese cabbage blanched	Pak kaad khao louak	0.07
Mustard green, stem and leaves	Pak kaad khiew soth	0.07
Dill, fresh	Pak ce soth	0.07
Eggplant/brinjal, green, fresh	Maak kheua soth	0.07
Tomato, fresh	Maak len	0.07
Beef, blanched	Choum sine ngoua	0.07
Beef, intestine, raw	Sai ngoua dip	0.07
Garlic, fresh	Ka thiam soth	0.07
Rice noodles, topped with beef in soup	Feu gnoua	0.07
Cabbage, common, fresh	Pak ka lam pe soth	0.06
Pumpkin, mature, fresh	Maak eu	0.06
Mustard, fresh	Pak kaad soum soth	0.06
Cabbage, blanched	Pak ka lam pe louak	0.06
Spring onion, fresh	Pak houm boua soth	0.06
Beef, raw	Sine ngoua dip	0.06
Chicken, roasted	Ping kai	0.06
Beef, dried, grilled	Ping sine ngoua hang	0.06
Chicken, boiled	Toom sine kai	0.06
Food (in English)	Food (in Lao)	Thiamine (mg)
Pork, skin, raw	Nang moo dip	0.06
Coconut juice, fresh	Nam maak phao soth	0.06
Layer cake with cream, Ellse brand	Khao nom kai ka ellse	0.06
Morning glory/Swamp cabbage, blanched	Pak bong louak	0.05

Chicken, raw	Sine kai dip	0.05
Chicken, gizzard, raw	Tai kai dip	0.05
Omelet hen egg	Cheuan khai kai	0.05
Lemon grass, fresh	Houa sing khai soth	0.05
Wafers with chocolate, Shanghai brand	Khao nom ka sieng hai	0.05
Cucumber, fresh	Maak teng soth	0.04
Mustard green blanched	Pak kaad some louak	0.04
Orange, sweet, fresh	Maak kieng	0.04
Banana, ripe, yellow	Maak kouy nam souk	0.04
Beef, stomach, raw	Phoung ngoua dip	0.04
Nile tilapia fish, raw	Pa nin dip	0.04
Hen egg, fried	Cheuan khai dao	0.04
Milk UHT, Thaidenmark brand	Noom soth ka thaidenmark	0.04
Sticky rice (white), steamed	Khao niew neung	0.03
Tiliacora triandra diels	bai gna nang	0.03
Green amaranth, small, fresh	Pak huom soth	0.03
Apple, pink, fresh	Maak apple	0.03
Banana, ripe, yellow, boiled	Maak kouy nam souk toom	0.03
Pork, blood, boiled	Toom leuad moo	0.03
Onion	Houm boua gnai	0.03
Beef with bone soup	Keng du ngoua	0.03
Cracker from wheat flour, Tavan brand	Khao nom khieb ka tavan	0.03
Deep fried banana with powder	khao nom kouy cheuan	0.03
Rice steamed, white	Khao chao houng	0.02
Steamed sticky rice (white), grilled	Khao niew neung ping	0.02
Banana, flowers, fresh	Maak pee	0.02
Pak kha yeng	Pak kha yeng	0.02
Mustard green, fermented, sour	Som pak kaad	0.02
Chayote, boiled	Maak sa ver louak	0.02
Green amaranth, small, blanched	Pak huom louak	0.02
Chayote, fruit, fresh	Maak sa ver soth	0.02
Lemon, juice, fresh	Nam maak nao	0.02
Rambutan, fresh	Maak ngor	0.02
Siamese mud carp, grilled	Ping pa khao	0.02
Fermented fish, sour, fried	Cheun pa som	0.02
Yoghurt, drinking, foremost brand	Noom som ka foremost	0.02

Food (in English)	Food (in Lao)	Thiamine (mg)
Coconut milk	Ka thee maak phao	0.02
Rice Porridge, boiled with Nile tilapia fish	kaho piek khao pa nin	0.02
Rice porridge, boiled with chicken	kaho piek khao kai	0.02
Shrimp cracker from wheat flour	Khao nom kieb koung	0.02
Rice drops in sweet coconut milk	Na van lod shong	0.02
Fennel common leaves, fresh	Pak hom pae	0.01
Fermented fish, liquid	Nam pa deak	0.01

<b>Fermented fish with bone</b>	Pa deak niew	0.01
<b>Soy milk, Lactasoy brand</b>	Noom ka lactasoy	0.01
<b>Shrimp paste</b>	Ka pi	0.01
<b>Fish sauce</b>	Nam pa	0.01
<b>Oyster sauce</b>	Nam man hoi	0.01
<b>Beer (USA)</b>	Beer	0.01
<b>Papaya salad</b>	Tam maak hounng	0.01
<b>Pork with fat, hen egg, boiled, with sugar</b>	Toom khem (sine moo and khai)	0.01
<b>Porridge, white rice, boiled</b>	kaho piek khao	0.01
<b>Sugar, white</b>	Nam tan	0.00
<b>Carbonated drink</b>	Nam ath lom	0.00

*Good sources of thiamine, defined as those providing 25% of the male adult's daily recommended intake per portion of food (i.e. 0.30mg), are highlighted in green*