

Food Sources:

Vitamin B2 (Riboflavin)

Vitamin B2, commonly referred to as riboflavin, is a water-soluble essential nutrient. It is necessary for two important enzymes in the body, which are required for energy production and a wide variety of functions within cells.

Riboflavin helps maintain healthy levels of homocysteine, an amino acid that in high levels can contribute to heart and other diseases.¹ Milk, liver, almonds, and spinach are good sources of vitamin B2.² Exposure to light can deactivate riboflavin, which is why milk is commonly stored in opaque plastic or cardboard containers. Vitamin B2 is used as an orange-red food color additive.

Select dietary sources of riboflavin are noted in the table below.^{1,2}

The Recommended Dietary Allowances (RDAs) for vitamin B2 are as follows:

- **Females, ages 19+:** 1.1 milligrams (mg) per day
- **Males, ages 19+:** 1.3 mg per day
- **Pregnancy:** 1.4 mg per day
- **Lactation:** 1.6 mg per day

Food, standard serving size	Average Riboflavin Content (in milligrams)
Liver (beef, poultry) 3 ounces	3
Breakfast cereal, fortified, 1 serving	1.3
Plain yogurt, 1 cup	0.6
Whole milk, 1 cup	0.4
Beef tenderloin, 3 ounces	0.3
Almonds, 1 ounce	0.3
Salmon, 3 ounces	0.2
Mushrooms, crimini, ½ cup	0.2
Egg, hardboiled, 1 large	0.2
Chicken breast, 3 ounces	0.2
Spinach, raw, 1 cup	0.1
Apple, 1 large	0.1



REFERENCES

1. U.S. Department of Health and Human Services, National Institutes of Health, Office of Dietary Supplements. Riboflavin. <https://ods.od.nih.gov/factsheets/Riboflavin-HealthProfessional/>. Updated March 6, 2020. Accessed May 18, 2020.
2. Oregon State University, Linus Pauling Institute. Micronutrient Information Center. Riboflavin. <https://lpi.oregonstate.edu/mic/trace/minerals/riboflavin>. Updated July 2013. Accessed May 18, 2020.