

## Food Sources: Vitamin B2 (Riboflavin)

Vitamin B2 (Riboflavin) is a water-soluble B vitamin that plays a key role in energy production, cellular function, growth, and development. It helps the body metabolize fats, proteins, and carbohydrates and supports healthy skin, eyes, and nervous system function.

Riboflavin is found in a variety of foods, including dairy products, eggs, lean meats, green leafy vegetables, nuts, and fortified cereals. Because it is water-soluble, the body excretes excess amounts in urine, making regular dietary intake important.

The RDA for Riboflavin (Vitamin B2) is as follows:

- Males, 19+ years: 1.3 mg/day
- Females, 19+ years: 1.1 mg/day
- Pregnancy, 19+ years: 1.4 mg/day
- Lactation, 19+ years: 1.6 mg/day

Food, standard serving size  
Average Riboflavin Content (mg)

- Beef liver, cooked, 3 oz – 2.9 mg
- Lamb, cooked, 3 oz – 0.3 mg
- Milk, 1 cup – 0.4 mg
- Yogurt, plain, 8 oz – 0.5 mg
- Eggs, 1 large – 0.3 mg
- Almonds, 1 oz (~23 nuts) – 0.3 mg
- Spinach, boiled, ½ cup – 0.2 mg
- Mushrooms, cooked, ½ cup – 0.3 mg
- Fortified breakfast cereal, 1 serving – 0.8 mg
- Whole wheat bread, 1 slice – 0.1 mg
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