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Vitamin B2, also known as Riboflavin, plays a crucial role in energy production, red blood cell formation, and cell growth. It also acts as an antioxidant and supports eye health.

Top 15 Animal-Based Sources of Vitamin B2

Animal Product	Vitamin B2 (mg per 100g)
Beef Liver (Cooked)	3.00 mg
Lamb Liver (Cooked)	4.6 mg
Chicken Liver (Cooked)	1.8 mg
Mackerel (Cooked)	0.34 mg
Eggs (Whole, Boiled)	0.51 mg
Salmon (Cooked)	0.23 mg
Milk (Whole, 1 cup)	0.45 mg
Yogurt (Plain, Whole Milk)	0.57 mg
Cheddar Cheese	0.38 mg
Ground Beef (Cooked)	0.20 mg
Tuna (Canned in Water)	0.23 mg
Pork (Cooked)	0.22 mg
Chicken (Cooked, Dark Meat)	0.22 mg

Animal Product	Vitamin B2 (mg per 100g)
Turkey (Cooked)	0.25 mg
Oysters (Cooked)	0.20 mg

Top 15 Plant-Based Sources of Vitamin B2

Plant Source	Vitamin B2 (mg per 100g)
Almonds (Roasted)	1.10 mg
Mushrooms (Portobello, Raw)	0.49 mg
Spinach (Cooked)	0.43 mg
Avocado	0.13 mg
Sunflower Seeds	0.25 mg
Asparagus (Cooked)	0.14 mg
Broccoli (Cooked)	0.12 mg
Chickpeas (Cooked)	0.06 mg
Lentils (Cooked)	0.11 mg
Sweet Potatoes (Baked)	0.11 mg
Kale (Cooked)	0.07 mg
Quinoa (Cooked)	0.11 mg
Brussels Sprouts (Cooked)	0.09 mg
Bananas	0.09 mg
Edamame (Cooked)	0.28 mg

Fortified and Whole Grain Sources

Fortified Food/Grain	Vitamin B2 (mg per 100g)
Fortified Cereals	1.3 – 1.5 mg
Whole Wheat Bread	0.25 mg
Brown Rice (Cooked)	0.09 mg
Oatmeal (Instant, Fortified)	0.58 mg
Pasta (Whole Grain)	0.23 mg

Fortified Food/Grain	Vitamin B2 (mg per 100g)
Barley (Cooked)	0.12 mg
Wheat Germ	0.90 mg

Nuts, Seeds, and Legumes

Food	Vitamin B2 (mg per 100g)
Pistachios	0.23 mg
Cashews (Roasted)	0.22 mg
Hazelnuts	0.11 mg
Peanuts (Roasted)	0.14 mg
Pumpkin Seeds	0.32 mg
Black Beans (Cooked)	0.10 mg
Green Peas (Cooked)	0.13 mg

Fruits High in Vitamin B2

Fruit	Vitamin B2 (mg per 100g)
Mango	0.05 mg
Pineapple	0.05 mg
Grapes	0.07 mg
Oranges	0.04 mg
Apples (With Skin)	0.03 mg
Kiwi	0.05 mg

Recommended Daily Intake (RDI)

- Men (19+ years): 1.3 mg/day
- Women (19+ years): 1.1 mg/day
- Pregnant Women: 1.4 mg/day
- Children (1-8 years): 0.5 – 0.6 mg/day

Health Benefits of Vitamin B2

- Energy Production – Helps break down fats, proteins, and carbohydrates.
 - Eye Health – Prevents cataracts and maintains good vision.
 - Skin and Hair Health – Supports growth and reduces skin inflammation.
 - Red Blood Cell Formation – Essential for red blood cell production.
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Tips to Maximize Vitamin B2 Absorption

1. Avoid Overheating – Vitamin B2 is sensitive to light and heat, so lightly steam or sauté vegetables.
 2. Consume Whole Grains – Refined grains lose much of their vitamin B2 content.
 3. Include Dairy and Eggs – These are rich and easily absorbed sources of vitamin B2.
 4. Pair with Other B Vitamins – Vitamin B2 works synergistically with other B vitamins for maximum benefit.
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Did You Know?

- Liver is one of the highest sources of Vitamin B2!
- Mushrooms are an excellent plant-based source of riboflavin.
- Riboflavin deficiency can cause cracks at the corners of the mouth and skin disorders.

Incorporate these Vitamin B2-rich foods into your diet to support overall energy and cellular health