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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 |
| Turkey (Cooked) | 0.25 mg |

| Animal Product | Vitamin B2 (mg per 100g) |
|------------------|--------------------------|
| 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 |
| Barley (Cooked) | 0.12 mg |

| Fortified Food/Grain | Vitamin B2 (mg per 100g) |
|----------------------|--------------------------|
| 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