

High Vitamin B2 (Riboflavin) Foods

Food	Serving (Imperial)	Serving (Metric)	Vitamin B2 (mg)	% RDA (DV)
Beef liver, cooked	3 oz	85 g	2.9	223%
Breakfast cereal, fortified 100%	1 serving	28 – 56 g	1.3	100%
Oatmeal, instant, fortified	1 cup	235 g	1.1	85%
Yogurt, plain	1 cup	225 g	0.6	46%
Milk, 2%	1 cup	240 ml	0.5	38%
Beef, tenderloin steak, lean only	3 oz	85 g	0.4	31%
Clams, cooked	3 oz	85 g	0.4	31%
Almonds, dry roasted	1 oz	28 g	0.3	23%
Chicken, rotisserie, breast	3 oz	85 g	0.2	15%
Egg	1 large	50 g	0.2	15%
Quinoa, cooked	1 cup	185 g	0.2	15%
Salmon, pink, canned	3 oz	85 g	0.2	15%
Spinach, raw	1 cup	180 g	0.1	8%

Adult U.S.RDA (Recommend Dietary Allowance)

1.3 mg Male

1.1 mg Female