

Information about Riboflavin

- Riboflavin is a water-soluble B vitamin (vitamin B₂). This means that riboflavin is not stored in the body. You need to eat foods rich in riboflavin every day.
- Riboflavin helps your body cells use fat, protein and carbohydrates from foods to produce energy.
- Riboflavin helps in the production of niacin (vitamin B₃) and pyridoxine (vitamin B₆).

How Much Riboflavin Should I Aim For?

Age in Years	Aim for an intake of milligrams (mg)/day	Stay below mg/day
Women 19 and older	1.1	No upper limit established for this nutrient.
Men 19 and older	1.3	
Pregnant Women 19 and older	1.4	
Breastfeeding Women 19 and older	1.6	

Riboflavin Content of Some Common Foods

This following table will show you sources of riboflavin. Milk and dairy products are the richest sources.



Food	Serving Size	Riboflavin (mg)
Vegetables and Fruits		
<i>Vegetables</i>		
Mushroom (white, portabello, crimini), raw or cooked	125 mL (½ cup)	0.2-0.6
Spinach, cooked	125 mL (½ cup)	0.2
Grain Products		
Cereal, corn flakes	30 g (check product label for serving size)	1.1
Cereal, muesli	30 g (check product label for serving size)	0.2
Waffle	1 small (35g)	0.2
Milk and Alternatives		
Milk (3.3% homo, 2%, 1%, skim)	250 mL (1 cup)	0.4-0.5
Cottage cheese	250 mL (1 cup)	0.4-0.6
Buttermilk	250 mL (1 cup)	0.4
Cheese, feta	50 g (1½ oz)	0.4
Yogurt beverage	200 mL	0.4
Yogurt (fruit, plain, Greek), all types	175 g (¾ cup)	0.2-0.4
Soy beverage	250 mL (1 cup)	0.4
Cheese (cheddar, monterey, edam, colby, blue, brie, camembert)	50 g (1½ oz)	0.2
Ricotta cheese	125 mL (½ cup)	0.2
Meat and Alternatives		
<i>Meat</i>		
Pork, various cuts, cooked	75 g (2½ oz)	0.2-0.3



Beef, various cuts, cooked	75 g (2½ oz)	0.2-0.3
Chicken or turkey, dark meat, cooked	75 g (2½ oz)	0.2
Organ Meats		
Liver (chicken, turkey, pork, beef), cooked	75 g (2½ oz)	1.6-2.7
<i>Fish and Seafood</i>		
Cuttlefish, cooked	75 g (2½ oz)	1.3
Salmon, cooked	75 g (2½ oz)	0.4
Mackerel, cooked	75 g (2½ oz)	0.3-0.4
Squid, cooked	75 g (2½ oz)	0.3
Trout, cooked	75 g (2½ oz)	0.3
Shellfish (clams, mussels), cooked	75 g (2½ oz)	0.2-0.3
Herring, cooked	75 g (2½ oz)	0.2
Sardines, canned in oil	75 g (2½ oz)	0.2
<i>Meat Alternatives</i>		
Vegetarian meatloaf or patty, cooked	75 g (2½ oz)	0.5
Tempeh/fermented soy product, cooked	150 g (¾ cup)	0.5
Egg, cooked	2 large	0.4-0.5
Almonds, without shell	60 mL (¼ cup)	0.3-0.4
Soy nuts	60 mL (¼ cup)	0.2
Meatless, chicken, cooked	75 g (2½ oz)	0.2



Other		
Yeast extract spread (marmite or vegemite)	30 mL (2 Tbsp)	5.3

Source: "Canadian Nutrient File 2015"

www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php

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