

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

[Accessed June 2016].