

Vitamin B2 (Riboflavin)

Fact Sheet



Vitamin B2 (also known as riboflavin) is a water-soluble vitamin that has many protective benefits in the body. It is needed for normal growth and development through all stages of life.

Vitamin B2 aids in the production of glycogen for later energy use. It is also used in maintaining healthy eyes, skin and mucus membranes of the GI tract.

How much do you need?

Age	Recommended Dietary Allowance (mg)	
	Female	Male
1-3 years	0.5	0.5
4-8 years	0.6	0.6
9-13 years	0.9	0.9
14-18 years	1.3	1.3
18+ years	1.3	1.3
Pregnancy	1.4	
Lactation	1.6	

How much is that in terms of food?

Food	Serving Size	Vitamin B2 (mg)
Nutrition yeast	30g (2 Tbsp)	4.29
Organ meats	2 ½ oz (75g)	1.2-3
Beef liver, braised	2 ½ oz (75g)	2.6
Seaweed	1oz (28g)	0.8
Corn Flakes	¾ cup (30g)	0.8
Yogurt, plain	¾ cup(175ml)	0.6
Cereal, quick cook oats	175 mL	0.5
Soybean, fermented products, tempeh	150g	0.5
Cottage cheese, 1% M.F.	1cup (125ml)	0.5
Cheddar Cheese	1 ½ oz (50g)	0.2
Milk, fluid, 1% M.F.	1 cup (250ml)	0.4
Soy milk	1 cup (250ml)	0.4
Salmon, Atlantic, baked	2 ½ oz (75g)	0.4
Mushrooms	100g (1 cup sliced)	0.4
Eggs, poached	2 eggs(100g)	0.4
Pork loin, roasted	2 ½ oz(75g)	0.2
Edamame, boiled	½cup(125ml)	0.2
Black eye peas, cooked	¾cup(175ml)	0.1
Peanuts, raw	1 cup(125ml)	0.1
Kale, raw	¼ cup (60ml)	0.1
Rye bread	1 slice (35g)	0.1
Chicken breast, roasted	2 ½ oz(75g)	0.07



How to get your daily total:

Option 1	
1 pack of instant oatmeal as part of a balanced breakfast	0.5
1 cup of milk or soy milk	0.5
1 cup of edamame beans with dinner	0.4
Total = 1.4 mg	

Option 2	
¾ cup of plain yogurt with breakfast	0.6
2 slices of rye bread at lunch	0.2
75g (2.5oz) of pork at dinner	0.2
1 cup mushrooms	0.4
Total = 1.4 mg	

Option 3	
2 tbsp nutritional yeast on popcorn (may vary based on type)	4.29
Total = 4.29 mg	