

DIETARY SOURCES OF RIBOFLAVIN (VITAMIN B2)

- Brewer's yeast is the richest natural source of riboflavin.
- Liver, tongue, and other organ meats are excellent sources.
- Oily fish (eg, mackerel, trout, eel, herring, shad) have substantial levels of riboflavin. Seaweed (*nori*) is also a fine source.
- Milk products have some riboflavin, as do eggs, shellfish, millet, wild rice, dried peas, beans, and some seeds (eg, sunflower).
- Foods with moderate amounts of riboflavin include asparagus; leafy, dark-green vegetables (eg, broccoli, collards, spinach); whole or enriched grain products; mushrooms; and avocados.
- Lower levels of riboflavin are found in cabbage, carrots, cucumbers, apples, berries, figs, grapes, and tropical fruits.