



VITAMIN B2

Did you know???

Riboflavin (also called **vitamin B2**) is a nutrient that is needed by the body for growth, cell function, and to make energy from food. It works together with other B vitamins and acts as an antioxidant to protect cells from free radical damage.

NUTRITIONAL FACTS

FOOD	QTY	RIBOFLAVIN	DAILY %	CARBS	PROTEIN	CALS
Beef Liver	50g	1.7mg	132%	2.6g	14.5g	96
Greek Yoghurt	1 cup	0.7mg	52%	8.8g	25g	145
Raw Egg	2	0.5mg	39%	1.1g	12.6g	155
Soy Milk	1 cup	0.5mg	39%	3.6g	7.8g	74
Salmon	100g	0.5mg	39%	0g	25.4g	182
Mussels	100g	0.4mg	32%	7.4g	23.8g	172
Milk – (whole)	1 cup	0.4mg	32%	11.7g	7.7g	149
Almonds	30g	0.3mg	26%	6.5g	6.3g	174
Pork Roast (lean)	100g	0.3mg	26%	0g	28.8g	214
Beef Steak	100g	0.3mg	26%	0g	29.9g	160

1. www.Cronometer.com
2. <https://ods.od.nih.gov/factsheets/Folate-Consumer>