

Food Sources of Riboflavin

Energy drink (riboflavin-fortified)	Liver	Kidney	Breakfast cereal (riboflavin-fortified)	Orange drink (riboflavin-fortified)	Nutrition shake (riboflavin-fortified)
Goose meat	Turkey giblets	Cuttlefish	Heart	Meat analogue (riboflavin-fortified)	Chicken giblets
Pork liver cheese	Formulated bar (riboflavin-fortified)	Caribou meat	Sea cucumber	Grape drink (riboflavin-fortified)	Braunschweiger (a liver sausage)
Chicken liver pate	Muscadine grapes	Bear meat	Infant formula (riboflavin-fortified)	Protein bar (riboflavin-fortified)	Whey
Drumstick leaves	Pork shoulder petite tender	Soy milk (riboflavin-fortified)	Protein shake	Beef plate steak (trimmed to 0" fat)	Antelope meat
Milk	Milk-based drink	Muskrat meat	White mushrooms	Seal meat	Liverwurst
Pancreas	Deer meat	Emu meat	Goat meat	Maple syrup	Kefir
Portabella mushrooms	Mackerel	Buttermilk	Winged bean leaves	Pancakes (riboflavin-fortified)	Duck meat
Taro leaves	Scrambled eggs	Waffles (riboflavin-fortified)	Lamb tenderloin	Lamb leg	Pork lungs
Pork leg cap steak	Potherb jute	Sour dock young leaves	Squid	Tongue	Breakfast bar (riboflavin-fortified)
Pork sirloin	Clam chowder prepared with milk	Almond milk beverage (riboflavin-fortified)	Beef tenderloin (trimmed to 0" fat)	Omelet	Elk meat
Pork Boston butt	Wild Atlantic salmon	Brown mushrooms (crimini)	Gjetost cheese	Veal meat	Raccoon meat
Blackfish	Spleen	Yogurt	Quail egg	Country-style pork ribs	Pork center loin
Beef ribeye	Pork ham	Pacific oyster	Pork tenderloin	Lambquarters	Milkshakes
Pork loin blade	Pork shoulder breast	Leafy tips of bitter gourd	Beef top loin steak (trimmed to 0" fat)	Lamb loin	Turkey gizzard
Almonds	French toast (riboflavin-fortified)	Hard goat cheese	Blue mussel	Shiitake mushrooms	Sweet potato leaves
Rice milk beverage (riboflavin-fortified)	Ostrich meat	Pesto sauce	Egg custard prepared with milk	Turkey thigh	Soybeans
Brain	Turkey drumstick	Passion-fruit juice	Pork center rib	Beef top blade steak (trimmed to 0" fat)	Beef ribeye cap steak (trimmed to 0" fat)
Toaster pastries (riboflavin-fortified)	Granola bar (riboflavin-fortified)	Turkey dark meat	Opossum meat	Quail meat	Squab meat
Ruffed grouse meat	Tempeh	Beef medallion (trimmed to 0" fat)	Almond butter	Pork arm picnic	Dove meat
Moose meat	Oyster mushrooms	Beef top round (trimmed to 0" fat)	Spinach soufflé		