

Foods highest in

Riboflavin (B-2)

"Day%" is the % of the amount required each day; this is in "oz" (ounces) of each food. "oz" of each food is the amount that contains 100 calories. "Score" is total of all nutrient score - 165 is average.

"Day%" is based upon a

2.8 mg

nominal daily value.

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Coffee, brewed	271%	1132	352.7	10000	Fiber One	25%	519	1.8	50
Pork liver	80%	1241	2.6	75	Coriander (cilantro) leaves	25%	1762	15.3	435
Beef liver	73%	1808	2.6	74	Purslane	25%	855	22.0	625
Complete Wheat Bran	66%	1194	1.1	31	Coffee, instant, decaf	25%	351	176.4	5000
Portabella mushrooms	66%	593	13.6	385	Chicken liver, canned	25%	261	1.8	50
White mushrooms	65%	629	16.0	455	Dill weed	25%	1166	8.2	233
Italian (Crimini) mushrooms	65%	606	13.1	370	Baby oatmeal, dry	23%	268	0.9	25
Veal liver	62%	2093	2.5	71	Whey, sweet, dried	22%	122	1.0	28
Complete Oat Bran Flakes	61%	1118	1.0	29	Capers, canned	22%	-147	15.3	435
Total cereal	61%	1153	1.1	30	Paprika	22%	763	1.2	35
Multi-Grain Cheerios	55%	952	0.9	26	Broccoli raab	21%	1267	16.0	455
Chicken, liver	55%	983	3.0	86	Whey, sweet	21%	107	13.1	370
Total Corn Flakes	54%	1004	0.9	27	Whey, acid	21%	147	14.7	417
Seaweed, spirulina	47%	596	13.6	385	Dandelion greens	21%	849	7.8	222
Balsam-pear (bitter gourd)	43%	1072	11.8	333	Asparagus	20%	586	14.1	400
Watercress	39%	2843	32.1	909	All-Bran Buds	20%	874	1.4	40
All-Bran Original	37%	1025	1.4	38	Spinach, canned	20%	1280	18.6	526
Lambsquarters, raw	37%	1219	8.2	233	Sprouted alfalfa seeds	20%	496	15.3	435
Beet greens	36%	1964	16.0	455	Chinese cabbage (bok choy)	19%	1749	27.1	769
Total Raisin Bran	36%	648	1.1	32	Coriander leaf, dried	19%	913	1.3	36
Oyster mushrooms	36%	429	10.1	286	Green leaf lettuce	19%	1957	23.5	667
Smart Start Cereal	33%	593	1.0	27	Raisin Bran Cereal	19%	325	1.1	32
Summer squash	32%	546	22.0	625	Swamp cabbage	19%	1506	18.6	526
Zucchini	32%	553	22.0	625	Chicken Broth 1% fat	19%	17	88.2	2500
All-Bran with fiber	32%	1098	1.8	52	POST 100% BRAN	18%	320	1.2	35
Sprouted kidney beans	31%	610	12.2	345	Seaweed, wakame	18%	562	7.8	222
Smart Start Soy Protein	30%	541	1.0	27	Kellogg's Special K	18%	529	0.9	26
Egg white	30%	327	6.8	192	Spearmint, dried	18%	762	1.2	35
Sprouted kidney beans, cooked	30%	545	10.7	303	Sprouted mung beans, cooked	17%	397	16.8	476
Spinach	29%	2601	15.3	435	Red leaf lettuce	17%	1603	22.0	625
Garden cress	29%	1639	11.0	313	Boston lettuce	17%	1299	27.1	769
Wheaties	28%	436	1.0	27	Swiss chard	17%	2849	18.6	526
Kellogg's Corn Flakes	26%	308	1.0	28	Fortified skim milk	17%	263	8.6	244

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Thyme, fresh	17%	695	3.5	99	Soyburger	11%	171	1.8	52
Taragon, dried	16%	434	1.2	34	Whole milk 3.25% fat	11%	123	5.9	167
Parsley, dried	16%	903	1.3	36	Sprouted navy beans, cooked	11%	320	4.5	128
Endive	16%	1482	20.7	588	Kellogg's Nutri-Grain	11%	75	1.0	27
Polar bear meat	16%	106	2.7	77	Sprouted peas, cooked	10%	160	3.6	102
Milk 1% with vitamin A	16%	206	8.4	238	Red/cayenne pepper	10%	541	1.1	31
Chicory greens	16%	1726	15.3	435	Clams	10%	1591	4.8	135
Collards	15%	1611	11.8	333	Sprouted pinto beans	10%	334	5.7	161
Shiitake mushrooms	15%	356	1.2	34	Parsley	10%	2925	9.8	278
Non-fat dry milk w vit A	15%	218	1.0	28	Basil	10%	1751	13.1	370
Broccoli stalks	15%	764	12.6	357	Salsify, (vegetable oyster)	10%	127	4.3	122
Mustard greens	15%	2403	13.6	385	Sprouted pinto beans, cooked	10%	299	16.0	455
Pumpkin	15%	857	13.6	385	Salmon	10%	452	1.9	55
Yogurt, fat free	15%	213	6.3	179	Wheat bran, crude	10%	677	1.6	46
Sprouted mung beans	15%	395	11.8	333	Goat cheese	9%	93	0.8	22
Deer meat	14%	364	2.9	83	Pimento, canned	9%	884	15.3	435
Spearmint, fresh	14%	838	8.0	227	Kale	9%	1747	7.1	200
Romaine lettuce	14%	1566	20.7	588	Bamboo shoots	9%	393	13.1	370
Cheerios	14%	368	1.0	27	Chili powder	9%	497	1.1	32
Chives	14%	1205	11.8	333	Cauliflower	9%	566	14.1	400
Grape leaves	14%	998	3.8	108	Chicken gizzards	9%	100	3.8	106
Peppermint, fresh	14%	556	5.0	143	Mussels	9%	777	4.1	116
Milk 2% with vitamin A	13%	162	7.1	200	Radishes	9%	356	22.0	625
Cream of mushroom soup	13%	61	6.8	192	Sprouted radish seeds	9%	355	8.2	233
Enoki mushrooms	13%	270	8.0	227	Hot cocoa, homemade	8%	107	4.6	130
Celery	13%	422	22.0	625	Evaporated milk	8%	83	2.6	75
Seaweed, kelp	12%	429	8.2	233	Mulberries	8%	188	8.2	233
Broccoli	12%	748	10.4	294	Yogurt, plain, whole milk	8%	104	5.8	164
Arugula	12%	825	14.1	400	Cottage cheese, 1% fat	8%	227	4.9	139
Green beans	12%	393	11.4	323	Plain frozen waffles	8%	133	1.1	32
Egg, whole	12%	123	2.5	70	Toasted Wheat Bran	8%	819	1.8	50
Hard-boiled egg	12%	98	2.3	65	Cucumber	8%	264	23.5	667
Sheep milk	12%	110	3.3	93	Ling	8%	361	4.1	115
Red bell peppers	12%	1071	13.6	385	Whole duck egg	8%	83	1.9	54
Tomatoes, canned	12%	296	20.7	588	Malted milk, chocolate	8%	86	4.1	118
Sprouted navy beans	11%	360	5.3	149	Chili peppers	8%	693	8.8	250
Feta cheese	11%	85	1.3	38	Toasted wheat germ	8%	521	0.9	26
Turnip greens	11%	1791	11.0	313	Chocolate-flavor milk	8%	96	4.1	118

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Brussels sprouts	7%	692	8.2	233	Cream of potato soup	6%	80	5.9	167
Soybeans	7%	264	0.8	24	Gourd	6%	300	25.2	714
Corn flour, enriched	7%	145	1.0	27	Brie cheese	6%	81	1.1	30
Chinese waterchestnuts	7%	117	3.6	103	Eggplant	6%	279	14.7	417
Litchis, dried	7%	92	1.3	36	Beef tip round, lean, choice	5%	295	2.7	77
Grape-Nuts Cereal	7%	142	1.0	28	Limburger cheese	5%	91	1.1	31
Pollock	7%	441	3.8	109	Atlantic mackerel	5%	450	1.7	49
Goat milk	7%	97	5.1	145	Crackers, saltines, fat-free	5%	83	0.9	25
Ramen Oodles of Noodles	7%	-201	70.5	2000	Chicken broth, condensed	5%	74	11.4	323
Lemons, with peel	7%	716	17.6	500	Chicken, dark meat	5%	249	2.8	80
Anchovies	7%	450	2.7	76	Turkey leg, meat and skin	5%	224	2.4	69
Okra	7%	671	11.4	323	Thyme, dried	5%	869	1.3	36
Podded peas	7%	492	8.4	238	Rhubarb	5%	325	16.8	476
Pork chops, lean boneless	7%	288	2.5	71	Cocoa mix, powder	5%	13	0.9	25
Sun-dried tomatoes	7%	211	1.4	39	Veggie Dog	5%	17	2.6	75
Chicken broth w sodium	7%	116	22.0	625	Carrots	5%	1011	8.6	244
Acerola West Indian cherry	7%	5971	11.0	313	Eggnog	5%	38	2.6	74
Lean pork	7%	291	2.5	70	Artichokes	5%	293	7.5	213
Tomato paste	7%	243	4.3	122	Almonds	5%	154	0.6	17
Tempeh	7%	186	1.8	52					
Tomato juice	7%	401	20.7	588					
Iceberg lettuce	6%	410	25.2	714					
Turkey, dark meat	6%	270	2.8	80					
Chicken noodle soup	6%	126	6.7	189					
Lemon peel	6%	479	7.5	213					
Ham	6%	297	2.6	74					
Tilefish	6%	396	3.7	104					
Beef broth,from cube	6%	-584	117.6	3333					
Fresh tuna	6%	509	1.9	54					
Egg yolk	6%	38	1.1	31					
Peas	6%	285	4.4	123					
Crushed tomatoes, canned	6%	310	11.0	313					
Cowpeas (blackeyes)	6%	223	3.9	111					
Cabbage	6%	497	14.1	400					
Dove, Squab	6%	114	1.6	46					
Pumpkin, canned	6%	1139	10.4	294					
Roquefort cheese	6%	71	1.0	27					
Semolina, enriched	6%	137	1.0	28					