

Dr. Crowley's Pharmacy

Riboflavin (B2)

Essential for growth, development and function of cells in your body and for the metabolism of carbohydrates, protein and fats.
Essential to formation of 2 enzymes involved in energy metabolism, cell respiration and antibody production.

The following foods are a great source of Riboflavin

Vegetables:

Grilled Portobellos, cooked 1 cup 0.5 mg
Spinach, cooked 1 cup 0.4 mg
Sundried Hot Chili Peppers 1 cup 0.4 mg
Kimchi 1 cup 0.3 mg
Artichokes, cooked 1 cup 0.3 mg
Shiitake mushrooms, cooked 1 cup 0.2 mg
Green Peas, cooked & salted 1 cup 0.2 mg
Sweet Potatoes, 1 cup 0.2 mg
Canned Tomato Puree 1 cup 0.2 mg
Broccoli, boiled 1 cup 0.2 mg
Cooked mashed pumpkin 1 cup 0.2 mg
Kale, cooked 1 cup 0.2 mg
Lima Beans, boiled 1 cup 0.2 mg
Swiss Chard, cooked 1 cup 0.2 mg

Fruit:

Avocados 1 avocado 0.3 mg
Passion Fruit 1 cup 0.3 mg

Nuts and Seeds:

Coconut Water 1 cup 0.1 mg
Toasted Sesame Seeds 1 oz 0.1 mg
Dry Roasted Sunflower Seeds 1 oz 0.1 mg

Meat:

Beef Liver 1 slice 2.8 mg
Beef Skirt Steak 6 oz 1.5 mg
Kielbasa Sausage 1 link 0.8 mg
Roast Duck 1 cup 0.7 mg
Braised pork chop 0.7 mg
Ribeye Steak, cooked 0.6 mg
Roasted Chicken leg with skin 0.5 mg
Deer Tenderloin, lean 3 oz 0.5 mg
Lean Roasted Ham 1 cup 0.5 mg
Roasted Pork Ribs 1 rack 0.5 mg
Braunschweiger, 1 oz 0.4 mg
Cooked Turkey Breast 6 oz 0.4 mg
Pork Tenderloin, roasted 3 oz 0.3 mg
Ground Beef, 97% lean 6 oz 0.3 mg
Pork Bratwurst 1 link 0.3 mg
T-Bone Steak, grilled 3 oz 0.2 mg
Beef Chuck Pot Roast 3 oz 0.2 mg
Roasted Chicken Breast 1 cup 0.2 mg

"Let food be thy medicine and medicine be thy food" Hippocrates