

### Riboflavin Content of Select Foods

Food	Riboflavin (mg)	Food	Riboflavin (mg)
<b>Milk and milk products</b>		<b>Meats</b>	
milk, whole (1 c)	0.5	liver (3 oz)	3.6
milk, 2% (1 c)	0.5	pork chop (3 oz)	0.3
yogurt, low fat (1 c)	0.5	beef (3 oz)	0.2
milk, skim (1 c)	0.4	tuna (3 oz)	0.1
yogurt (1 c)	0.1	<b>Vegetables</b>	
cheese, american (1 oz)	0.1	collard greens (½ c)	0.3
cheese, cheddar (1 oz)	0.1	broccoli (½ c)	0.2
<b>Grains</b>		spinach, cooked (½ c)	0.1
Macaroni (½ c)	0.1	<b>Eggs</b>	
bread (1 sl)	0.1	egg (1)	0.2