

Supplementary Table 4. Common food sources of vitamin B2 [67]

Food	Per serving, mg	DV, %
Beef liver, pan fried, 3 ounces	2.9	223
Breakfast cereals, fortified with 100% of the DV for riboflavin, 1 serving	1.3	100
Oats, instant, fortified, cooked with water, 1 cup	1.1	85
Yogurt, plain, fat free, 1 cup	0.6	46
Milk, 2% fat, 1 cup	0.5	38
Beef, tenderloin steak, boneless, trimmed of fat, grilled, 3 ounces	0.4	31
Clams, mixed species, cooked, moist heat, 3 ounces	0.4	31
Almonds, dry roasted, 1 ounce	0.3	23
Cheese, Swiss, 3 ounces	0.3	23
Mushrooms, portabella, sliced, grilled, ½ cup	0.2	15
Rotisserie chicken, breast meat only, 3 ounces	0.2	15
Egg, whole, scrambled, 1 large	0.2	15
Quinoa, cooked, 1 cup	0.2	15
Bagel, plain, enriched, 1 medium (3½"-4" diameter)	0.2	15
Salmon, pink, canned, 3 ounces	0.2	15

DV, daily value.