

RIBOFLAVIN RICH FOODS



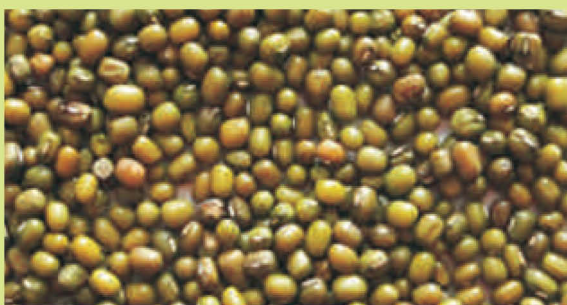
Amaranth leaves
(चौलाई के पत्ते)
Riboflavin (B2) - 0.51 mg



Drumstick leaves
(सहजन के पत्ते)
Riboflavin (B2) - 0.45 mg



Goat Liver
(बक्रे का जिगर)
Riboflavin (B2) - 0.37 mg



Green gram whole
(मूँग साबूत)
Riboflavin (B2) - 0.27 mg



Fenugreek leaves
(मेथी)
Riboflavin (B2) - 0.22 mg

*Nutrient rich food items derived from relevant food groups, locally available and commonly consumed by the Indian population

Values are per 100 g

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Bajra
(बाजरा)
Riboflavin (B2) - 0.20 mg



Milk, whole, Cow
(गाय का दूध)
Riboflavin (B2) - 0.13 mg



Brinjal
(बैंगन)
Riboflavin (B2) - 0.11 mg



Papaya ripe
(पपीता)
Riboflavin (B2) - 0.11 mg



Khoa
(खोआ)
Riboflavin (B2) - 0.11 mg

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