

## **ARIBOFLAVINOSIS**

Ariboflavinosis is due to deficiency of vitamin B2 (riboflavin).

### **CAUSES**

- 1) Deficiency of vitamin B2 (riboflavin).
- 2) It can be associated with PEM (protein energy malnutrition), alcoholism.

### **DIETARY MANAGEMENT**

- 1) Avoid:
  - Avoid alcohol.

### **CONSUME**

- a. Consume food rich in riboflavin (vitamin B2):
  - i. Most fruits except commercially dried fruits including raisins, dates, prunes; avocado. You can have fruits dried at home.
  - ii. Animal origin: liver, kidney, lean meat, eggs, milk and milk products are good sources of vitamin B2.
  - iii. Plant origin: green leafy vegetables, legumes, nuts, whole grain cereals and pulses contain good amount of vitamin B2. Sprouting increases riboflavin content of cereals and pulses.
  - iv. Some amount of vitamin is destroyed from cereals and pulses in processing. And some riboflavin is destroyed on exposure to light hence should not be stored in glass.
- b. You can take riboflavin supplements, 6 mgs per day.

### **CONSULT PHYSICIAN**

- a. Consult physician if above listed symptoms are worst.

**NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .**