



Food Sources: Vitamin E

Vitamin E is a fat-soluble nutrient that functions primarily as an antioxidant, helping protect cells from oxidative damage. It also supports immune function, skin health, and proper nerve and muscle function.

Vitamin E is found naturally in nuts, seeds, vegetable oils, and green leafy vegetables. Some fortified foods and supplements also provide vitamin E. Adequate intake helps protect the body from oxidative stress and supports overall health.

The RDA for Vitamin E is as follows:

- Adults, 19+ (male and female): 15 mg alpha-tocopherol per day
- Pregnancy, 19+: 15 mg/day
- Lactation, 19+: 19 mg/day

Food, standard serving size

Average Vitamin E Content (mg)

- Sunflower seeds, dry roasted, 1 oz (~28 g) – 7.4 mg
- Almonds, dry roasted, 1 oz (~23 nuts) – 7.3 mg
- Hazelnuts, dry roasted, 1 oz (~21 nuts) – 4.3 mg
- Pine nuts, 1 oz (~167 kernels) – 2.6 mg
- Peanut butter, 2 Tbsp – 2.9 mg
- Spinach, boiled, ½ cup – 1.9 mg
- Swiss chard, boiled, ½ cup – 1.3 mg
- Avocado, ½ medium – 2.1 mg
- Olive oil, 1 Tbsp – 1.9 mg
- Wheat germ, 1 oz – 4.5 mg
- Broccoli, cooked, ½ cup – 1.0 mg