

Information About Vitamin E

- Vitamin E is a fat soluble vitamin that may improve immune function.
- Vitamin E is an antioxidant that helps protect cells from damage by free radicals. Free radicals can damage tissues and organs in the body.
- Vitamin E may play a role in preventing chronic disease such as heart disease and cancer but this is still being studied.
- Research does not support taking vitamin E supplements for the prevention of chronic disease. Most Canadians can get the vitamin E they need from foods.

How Much Vitamin E Should I Aim For?

Age in Years	Aim for an intake of milligrams (mg) /day**	Stay below mg/day*
Men and Women 19 and older	15*	1000*
Pregnant Women 19 and older	15*	1000*
Breastfeeding Women 19 and older	15*	1000*

*as alpha-tocopherol

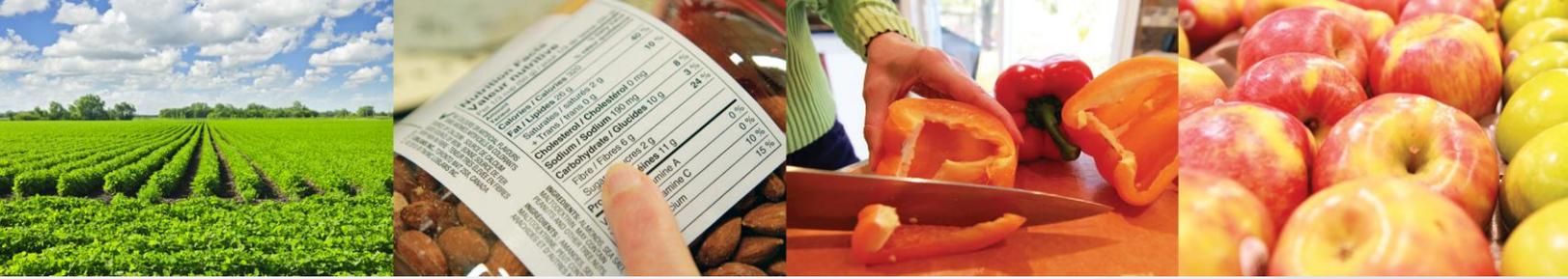
**this amount includes sources of vitamin E from fortified food and supplements



Vitamin E Content of Some Common Foods

Vitamin E is found mainly in foods that contain fat like margarine, vegetable oil, wheat germ, nuts, nut butters, and seeds. The following table shows you foods which are sources of vitamin E.

Food	Serving size	Vitamin E (mg)
Vegetables and Fruits		
Spinach, cooked	125 mL (½ cup)	2-4
Dandelion greens, raw	250 mL (1 cup)	2
Tomato sauce, canned	125 mL (½ cup)	2
Swiss chard, cooked	125 mL (½ cup)	2
Turnip greens, cooked	125 mL (½ cup)	2
Pepper, red, cooked	125 mL (½ cup)	2
Avocado	½ fruit	1-4
Grains Products		
Cereal, wheat germ, toasted	30 g (¼ cup)	5
Milk and Alternatives		
This food group contains very little of this nutrient.		
Meat and Alternatives		
Egg, cooked	2 large	2-3
<i>Fish and Seafood</i>		
Eel, cooked	75 g (2 ½ oz)	4
Herring, cooked	75 g (2 ½ oz)	1-2
Sardines, canned with oil	75 g (2 ½ oz)	2
Tuna, white, canned with oil	75 g (2 ½ oz)	2



<i>Nuts and Seeds</i>		
Almonds, unblanched, without shell	60 mL (¼ cup)	9-10
Sunflower seeds, without shell	60 mL (¼ cup)	8-13
Almonds, blanched, without shell	60 mL (¼ cup)	2-9
Almond butter	30 mL (2 Tbsp)	8
Hazelnuts, without shell	60 mL (¼ cup)	5
Peanuts, without shell	60 mL (¼ cup)	2
Peanut butter	30 mL (2 Tbsp)	3
Pine nuts	60 mL (¼ cup)	3
Brazil nuts	60 mL (¼ cup)	2
<i>Meat Alternatives</i>		
Meatless (fish sticks, wiener, chicken), cooked	75 g (2 ½ oz)	1-3
Meatless, luncheon slices	75 g (2 ½ oz)	2
<i>Fats and Oils</i>		
Vegetable oil, wheat germ	5 mL (1 tsp)	7
Vegetable oil (sunflower, safflower)	5 mL (1 tsp)	2

Source: "Canadian Nutrient File 2015"

www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php

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