

# Sources of vitamin E

Vitamin E is a group of fat-soluble, plant-derived substances. It's main role is to protect polyunsaturated fatty acids (PUFA) from oxidation. It acts as an antioxidant in the cell membranes. It also plays an important role in regulating immune function and may have anti-inflammatory and neuro-protective effects.



## The adequate Intake (AI)



19+ male  
10 mg/day



19+ female  
7 mg/day



Pregnancy  
7 mg/day



Lactation  
11 mg/day

Food (serving size)	Vitamin E (α-tocopherol) (mg)
<b>Wheat germ oil</b> (15 ml, 1 tablespoon)	20.3
<b>Sunflower seeds</b> , dry roasted (30 g, 1/4 cup)	12.4
<b>Almonds</b> , raw with skin (35 g, 1/4 cup)	10.8
<b>Capsicum</b> , red, raw (244 g, 1 capsicum)	10.2
<b>Muesli</b> , granola, toasted, added nuts & seeds (100 g)	6.9
<b>Chocolate</b> , milk with nuts (100 g)	5.7
<b>Sunflower oil</b> (15 ml, 1 tablespoon)	5.6
<b>Salmon fillet</b> , Pacific King, steamed with skin (100 g)	4.9
<b>Safflower oil</b> (15 ml, 1 tablespoon)	4.6
<b>Rice bran oil</b> (15 ml, 1 tablespoon)	4.5
<b>Wheat germ</b> (60 g, ½ cup)	4.3
<b>Almond oil</b> (15 ml, 1 tablespoon)	3.7
<b>Egg</b> , hard-boiled (41 g)	3.7
<b>Eggplant</b> , baked with skin (100 g)	3.1
<b>Quinoa</b> , red, uncooked (90 g, ½ cup)	2.5
<b>Olive oil</b> (15 ml, 1 tablespoon)	2.3
<b>Spinach</b> , boiled (½ cup)	1.9
<b>Vegetable oil</b> (15 ml, 1 tablespoon)	1.9
<b>Peanut oil</b> (15 ml, 1 tablespoon)	1.8
<b>Bread, organic</b> (48 g, 1 slice)	1.3
<b>Peanut butter</b> (15 g, 1 tablespoon)	1.2
<b>Soybean oil</b> (15 ml, 1 tablespoon)	1.2
<b>Broccoli</b> , boiled (½ cup)	1.2
<b>Kiwifruit</b> (1 medium)	1.1
<b>Mango</b> (½ cup)	0.7
<b>Tomato</b> , raw (1 medium)	0.7