

## Food Sources of **Vitamin E** (as alpha-tocopherol)

<u>Food, Standard Amount</u>	<u>Alpha-tocopherol (milligrams)</u>
Fortified ready-to-eat cereals, ~1 oz	1.6-12.8
Sunflower seeds, dry roasted, 1 oz	7.4
Almonds, 1 oz	7.3
Sunflower oil, high linoleic, 1 Tbsp	5.6
Cottonseed oil, 1 Tbsp	4.8
Safflower oil, high oleic, 1 Tbsp	4.6
Hazelnuts (filberts), 1 oz	4.3
Mixed nuts, dry roasted, 1 oz	3.1
Turnip greens, frozen, cooked, ½ cup	2.9
Tomato paste, ¼ cup	2.8
Pine nuts, 1 oz	2.6
Peanut butter, 2 Tbsp	2.5
Tomato puree, ½ cup	2.5
Tomato sauce, ½ cup	2.5
Canola oil, 1 Tbsp	2.4
Wheat germ, toasted, plain, 2 Tbsp	2.3
Peanuts, 1 oz	2.2

Avocado, raw, ½ avocado	2.1
Carrot juice, canned, ¾ cup	2.1
Peanut oil, 1 Tbsp	2.1
Corn oil, 1 Tbsp	1.9
Olive oil, 1 Tbsp	1.9
Spinach, cooked, ½ cup	1.9
Dandelion greens, cooked, ½ cup	1.8
Sardine, Atlantic, in oil, drained, 3 oz	1.7
Blue crab, cooked/canned, 3 oz	1.6
Brazil nuts, 1 oz	1.6
Herring, Atlantic, pickled, 3 oz	1.5

**Source:** Nutrient values from Agricultural Research Service (ARS) Nutrient Database for Standard Reference, Release 17. Foods are from ARS single nutrient reports, sorted in descending order by nutrient content in terms of common household measures. Food items and weights in the single nutrient reports are adapted from those in 2002 revision of USDA Home and Garden Bulletin No. 72, Nutritive Value of Foods. Mixed dishes and multiple preparations of the same food item have been omitted from this table.