VITAMIN E

Vitamin E is a fat soluble vitamin and it's main function is as an antioxidant in which it helps protect our cells against damage that can lead to health problems such as cancer. Vitamin E may help prevent the oxidation of LDL or "bad" cholesterol which contributes to plaque buildup in the arteries. It boosts the immune system and may reduce the risk of cataracts. Vitamin E is also plays a role in healthy skin and hair. It is especially important for the integrity of cells that are constantly exposed to high oxygen concentrations, namely, the lungs and blood cells, both red and white.

Foods naturally rich in vitamin E include wheat germ, whole-grain products, seeds (especially sunflower seeds), nuts (especially hazelnuts and almonds), spinach and other dark, green leafy vegetables and peanut butter. High heat can reduce the vitamin E content in foods.

Vitamin E deficiency is rare, but it can occur in newborn premature infants. Without sufficient vitamin E, an infant's red blood cells rupture and the infant becomes anemic.

Recommended Intakes

Recommended Dietary Allowances (RDAs) for Vitamin E (Alpha-Tocopherol)

Age	Males	Females	Pregnancy	Lactation
Birth to 6 months*	4 mg (6 IU)	4 mg (6 IU)		
7-12 months*	5 mg (7.5 IU)	5 mg (7.5 IU)		
1-3 years	6 mg (9 IU)	6 mg (9 IU)		
4-8 years	7 mg (10.4 IU)	7 mg (10.4 IU)		
9-13 years	11 mg (16.4 IU)	11 mg (16.4 IU)		
14+ years	15 mg (22.4 IU)	15 mg (22.4 IU)	15 mg (22.4 IU)	19 mg (28.4 IU)

Vitamin E and Healthful Diets
• Emphasizes a variety of fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
Vitamin E is found in green leafy vegetables, whole grains, and fortified cereals.

• Includes lean meats, poultry, fish, beans, eggs, and nuts.
Nuts are good sources of vitamin E.

• Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
Vitamin E is commonly found in vegetable oils.

• Stays within your daily calorie needs.

References:

http://eatright.org
Nutrition Concepts & Controversies