



nutrient function and food sources

vitamin E

Vitamin E is a fat-soluble vitamin. Alpha-tocopherol is the most active form of vitamin E, a powerful antioxidant that may protect the body against the damaging effects of free radicals. Free radicals can cause cell damage that may contribute to chronic eye diseases, including cataracts and age-related macular degeneration (AMD).

Vegetable oils and nuts are the main dietary sources of vitamin E. See the table below for a list of good food sources of vitamin E.

good food sources of vitamin E

FOOD	SERVING SIZE	VITAMIN E MG/(IU)
Almonds	1 ounce	5.0 (7.5)
Safflower Oil	1 tablespoon	3.1 (4.7)
Corn Oil	1 tablespoon	1.9 (2.9)
Turnip Greens	1/2 cup	1.6 (2.4)
Mango	1 fruit	1.5 (2.3)
Peanuts	1 ounce	1.3 (2.1)
Broccoli	1/2 cup	1.0 (1.5)
Pistachio Nuts	1 ounce	0.8 (1.2)

RDA:
22 mg/day (15 IU)

Levels reported to provide
eye health benefit:
149 mg/day (100 IU)

Source: Clinical Nutrition Service, Warren Magnuson Grant Clinical Center and Office of Dietary Supplements, National Institutes of Health

Since it is difficult to obtain adequate amounts of vitamin E from food sources, especially while maintaining a low fat diet, it may be worth considering taking a multivitamin/mineral, an eye health supplement or a single vitamin E supplement.

vitamin E

vitamin C

lutein &
zeaxanthin

beta-carotene

zinc