

# VITAMIN E

## Did you know???



Vitamin E is a fat-soluble nutrient found in many foods. In the body, it acts as an **antioxidant, helping to protect cells** from the damage caused by free radicals. Free radicals are compounds formed when our bodies convert the food we eat into energy. The body also needs vitamin E to boost its **immune system** so that it can fight off invading **bacteria and viruses**. It helps to widen **blood vessels** and keep blood from clotting within them. In addition, cells use vitamin E to interact with each other and to carry out many important functions.

## NUTRITIONAL FACTS

FOOD	QTY	VITAMIN E	DAILY %	CARBS	PROTEIN	CALS
Almond Milk	1 Cup	8mg	53%	3.1g	1g	36
Almonds	30g	7.7mg	51%	6.5g	6.3g	173
Safflower Oil	1 tbsp	4.6mg	31%	0	0	120
Hazelnut	30g	4.5mg	30%	5g	4.5g	188
Salmon	100g	4mg	26%	0	25.4g	182
Avocado	½	4mg	26%	11.9g	3.4g	182
Butternut Pumpkin	1 cup	3.1mg	21%	25.2g	2.2g	96
Sunflower Seeds	1tbsp	3.1mg	21%	1.8g	1.8g	51
Mango	1	3mg	20%	50g	2.8g	201
Canola Oil	1tbsp	2.4g	16%	0	0	120