

High Vitamin E Foods

Food	Serving (Imperial)	Serving (Metric)	Vitamin E Amount (mg)	%RDA (DV)
Sunflower seeds, dry roasted	1 oz	28 g	7.4	49%
Almonds, dry roasted	1 oz	28 g	6.8	45%
Sunflower oil	1 tbsp	15 ml	5.6	37%
Safflower oil	1 tbsp	15 ml	4.6	31%
Hazelnuts, dry roasted	1 oz	28 g	4.3	29%
Peanut butter	2 tbsp	33 g	2.9	19%
Peanuts, dry roasted	1 oz	28 g	2.2	15%
Corn oil	1 tbsp	15 ml	1.9	13%
Spinach, boiled	1/2 cup	90 g	1.9	13%
Asparagus, raw	4 oz	115 g	1.3	9%
Butternut Squash, Cooked	1/2 cup	100 g	1.3	9%
Peppers, sweet red, Raw	1/2 cup	75 g	1.2	8%
Broccoli, cooked	1/2 cup	85 g	1.2	8%
Kiwi	1 medium	70 g	1.1	7%
Olives, Green	4	20 g	0.8	5%
Mango	1/2 cup	80 g	0.7	5%

Adult U.S.RDA (Recommend Dietary Allowance)

15 mg Male

15 mg Female