

Selected Food Sources of Vitamin E (α -Tocopherol)

Food	Serving	Mg	Percent DV*
Wheat germ oil	1 T	20.3	100
Sunflower seeds, dry roasted	1 oz	7.4	37
Almonds, dry roasted	1 oz	6.8	34
Sunflower oil	1 T	5.6	28
Safflower oil	1 T	4.6	23
Hazelnuts, dry roasted	1 oz	4.3	22
Peanut butter	2 T	2.9	15
Corn oil	1 T	1.9	10
Spinach, boiled	½ cup	1.9	10
Peanuts, dry roasted	1 oz	1.4	7
Broccoli, chopped, boiled	½ cup	1.2	6
Soybean oil	1 T	1.1	6
Kiwifruit	1 medium	1	5
Mango, sliced	½ cup	0.7	4
Tomato, raw	1 medium	0.7	4
Spinach, raw	1 cup	0.6	3

* The DV for vitamin E is 30 IU (approximately 20 mg) of natural α -tocopherol for adults and children aged 4 and older. The FDA doesn't require food labels to list vitamin E content unless a food has been fortified with the nutrient.