

## VITAMIN E

The Recommended Daily Allowance (RDA) for Vitamin E is 15 mg for men and women.

- Note that 1 International Unit (IU) is equal to .67 mg of the natural form of alpha-tocopherol and .45mg of the synthetic form of alpha-tocopherol. Mar 2, 2018

### Foods Containing the Highest Levels of Vitamin E (Vit E mg per 100 grams of food)

**Data Source:** USDA National Nutrient Database for Standard Reference 28 Software v.3.8.6.5  
2018-02-04

**Food Groups Included:**

- American Indian/Alaska Native Foods and Wild Foods Tested
- Fruits
- Vegetables

**Food Groups Excluded:**

- Beef Products
- Dairy and Egg Products
- Lamb, Veal, and Game Products
- Legumes and Legume Products
- Nut and Seed Products
- Pork Products
- Poultry Product
- Prepared Foods

**Ordered by:** Nutrient Content from Highest to Lowest

**Date:** April, 2018

Description	Vitamin E (alpha-tocopherol)(mg)Per 100 g
Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	35.64
Rose Hips, wild (Northern Plains Indians)	5.84
Seaweed, spirulina, dried	5
Peppers, jalapeno, raw	3.58
Dandelion greens, raw	3.44
Turnip greens, raw	2.86
Broccoli raab, cooked	2.53
Coriander (cilantro) leaves, raw	2.5
Radicchio, raw	2.26
Collards, raw	2.26
Chicory greens, raw	2.26
Avocados, raw, all commercial varieties	2.07
Spinach, raw	2.03
Mustard greens, raw	2.01
Grape leaves, raw	2

Chard, swiss, raw	1.89
Broccoli raab, raw	1.62
Peppers, sweet, red, raw	1.58
Kale, raw	1.54
Beet greens, raw	1.5
Parsnips, raw	1.49
Kiwifruit, green, raw	1.46
Squash, winter, butternut, raw	1.44
New Zealand spinach, raw	1.42
Cranberries, raw	1.32
Squash, winter, butternut, baked	1.29
Blackberries, raw	1.17
Asparagus, raw	1.13
Pumpkin, raw	1.06
Seaweed, wakame, raw	1
Currants, european black, raw	1
Mangos, raw	0.9
Apricots, raw	0.89
Brussels sprouts, raw	0.88
Mulberries, raw	0.87
Raspberries, raw	0.87
Seaweed, irishmoss, raw	0.87
Seaweed, kelp, raw	0.87
Loganberries, frozen	0.87
Raspberries, frozen, unsweetened	0.87
Broccoli, raw	0.78
Nectarines, raw	0.77
Parsley, fresh	0.75
Peaches, yellow, raw	0.73
Guavas, common, raw	0.73
Pepper, banana, raw	0.69
Onions, yellow, sauteed	0.68
Carrots, raw	0.66
Pomegranates, raw	0.6