

Guide to Vitamin E Rich Foods

Why It Matters, Top Food Sources, and How to Absorb It Better

Vitamin E is a fat-soluble antioxidant that helps protect cells from oxidative damage, supports skin health, and plays a role in immune function. Because it's fat-soluble, your body absorbs it best when eaten alongside some dietary fat. This guide covers top sources across nuts & seeds, oils, and fruits & vegetables, along with how much you need and how to get the most out of it.

Colour Key

Nuts & Seeds	Oils	Fruits & Vegetables
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Top Vitamin E Nuts & Seeds

Food	Vitamin E / 100g	Note
1. Sunflower Seeds	~35 mg/100g	One of the richest vitamin E sources of any food.
2. Almonds	~26 mg/100g	A convenient daily snack-sized source; best soaked overnight.
3. Hazelnuts	~15 mg/100g	Also provides folate and healthy monounsaturated fats.
4. Pine Nuts	~9.3 mg/100g	A smaller but useful contribution when added to salads or pesto.
5. Peanuts	~8 mg/100g	An affordable, everyday source found in most kitchens.

Top Vitamin E Oils

Food	Vitamin E / 100g	Note
1. Wheat Germ Oil	~149 mg/100g	The richest known source; best used in salad dressings, not high-heat cooking.
2. Sunflower Oil	~41 mg/100g	A common cooking oil that also contributes meaningful vitamin E.
3. Almond Oil	~39 mg/100g	Works well in dressings or light sautéing.
4. Groundnut (Peanut) Oil	~16 mg/100g	A widely used Indian cooking oil with a solid vitamin E content.
5. Olive Oil	~14 mg/100g	Best used raw or at low heat to preserve its antioxidant content.

Top Vitamin E Fruits & Vegetables

Food	Vitamin E / 100g	Note
1. Avocado	~2.1 mg/100g	Combines vitamin E with healthy fats, which aid its own absorption.
2. Spinach (Palak)	~2 mg/100g	A leafy green source, best paired with a little fat when cooked.
3. Red Bell Pepper	~1.6 mg/100g	Also a strong vitamin C source, offering a useful antioxidant combo.
4. Kiwi	~1.5 mg/100g	An easy fruit-based source alongside its vitamin C content.
5. Asparagus	~1.5 mg/100g	A good vegetable source, best lightly steamed to preserve nutrients.

■ How Much Vitamin E Do You Need?

- Most adults need roughly 15mg a day, easily covered by a small handful of nuts/seeds or a spoon of oil used in cooking.
- Vitamin E needs increase slightly with higher intake of polyunsaturated fats, since it helps protect those fats from oxidation in the body.
- As a fat-soluble vitamin, excess can be stored in the body, so consistent moderate intake is better than very large doses.

■ Getting the Most Out of It

- Since vitamin E is fat-soluble, eat these foods alongside a source of dietary fat for better absorption — nuts and oils already contain their own fat, which helps.
- Store nuts, seeds, and oils away from heat and direct light; both speed up oxidation, which degrades vitamin E and can turn nuts rancid.
- Use delicate oils like wheat germ or flaxseed oil raw (in dressings) rather than for high-heat cooking, since heat breaks down their vitamin E content.
- Keep nuts and seeds in an airtight container, and buy in smaller quantities if you don't use them quickly.

Note: Vitamin E values are approximate averages and can vary by variety, processing, and storage. This guide is for general education, not medical or dietary prescription — consult a doctor or dietitian for advice specific to your needs, especially before considering supplementation.