

WHAT IS VITAMIN E?

Vitamin E is an antioxidant that helps protect the body's cells against damage caused by substances called free radicals. Free radicals can harm cells, tissues and organs.

The body needs vitamin E to boost its immune system so that it can fight off invading bacteria and viruses.

It also plays a role in the formation of red blood cells and helps the body use vitamin K which is needed by the body for blood clotting and other important processes.

What foods provide vitamin E?

- Vegetable oils (wheat germ, sunflower and safflower oil)
- Nuts (peanuts, hazelnuts and almonds)
- Seeds (sunflower seeds)
- Green leafy vegetables (spinach and broccoli)
- Fortified breakfast cereals
- Greens (beet, collard, mustard, turnip)
- Sweet potatoes
- Avocado



How much do I need?

The best way to get the daily requirement of essential vitamins is to eat a wide variety of fruits, vegetables, fortified dairy foods, legumes (dried beans), lentils and whole grains.

Recommended Dietary Allowances (RDAs) for Vitamin E:

Men: 15 mg (22.4 IU)

Women: 15 mg (22.4 IU)

Am I getting enough?

Most people get enough vitamin E from the foods they eat. Certain groups of people are more likely than others to have trouble getting enough vitamin E:

- People who have digestive disorders, such as celiac disease or Crohn's disease.
- People with liver disease.

References:

1. Vitamin E: MedlinePlus Medical Encyclopedia. (n.d.). Retrieved January 21, 2015, from <https://www.nlm.nih.gov/medlineplus/ency/article/002406.htm>



What happens if I do not get enough?

Vitamin E deficiency is very rare in healthy people.

- It is almost always linked to certain diseases where fat is not properly digested or absorbed. Examples include: Crohn's disease, cystic fibrosis and certain rare genetic diseases.
- Vitamin E deficiency can cause nerve and muscle damage that results in loss of feeling in the arms and legs, loss of body movement control, muscle weakness and vision problems. Another sign of deficiency is a weakened immune system.

Did you know?

Eating a handful of almonds (1 oz. or about 23 almond nuts) is a great way to get the vitamin E your body needs to stay healthy.

Spinach Pasta with Veggies and Parmesan

Ingredients:

- ½ lb. spinach pasta twists
- 1 ½ tbsp. extra virgin olive oil
- 6 garlic cloves, thinly sliced
- ½ tsp. basil, dried
- 1 broccoli, bunch, cut into florets
- 1 cup grape tomatoes, halved
- ½ tsp. salt
- ½ cup parmesan cheese, shaved, low sodium

Directions:

1. Cook the pasta according to the package directions. Scoop out ½ cup of the pasta-cooking water and reserve.
2. Drain the pasta and return to the cooking pot to keep warm.
3. Meanwhile, in a large nonstick skillet over medium high heat, warm the oil.
4. Add the garlic and basil. Cook, stirring about 1 minute or until the garlic is just starting to turn golden.
5. Add the broccoli, cover and cook stirring several times for 5 minutes.
6. Add the grape tomatoes and cook, stirring once about 5 minutes longer or until the broccoli is crisp tender. If the mixture becomes dry, add up to 3 tbsp. water.
7. Add the vegetable mixture to the pasta and season with salt. Toss well, adding pasta water to moisten, if necessary.
8. Top with the shaved Parmesan before serving.



Nutrition Facts

Serving Size 1 1/2 cup (340g)
Servings Per Container 5

Amount Per Serving

Calories 240 Calories from Fat 80

% Daily Value*

Total Fat 9g 14%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 330mg 14%

Total Carbohydrate 30g 10%

Dietary Fiber 8g 32%

Sugars 5g

Protein 14g

Vitamin A 40% • Vitamin C 370%

Calcium 30% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



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