VITAMIN E

Whole Lifecycle NUTRITION

Vitamin E is a group of fat-soluble compounds with antioxidant properties, which means it helps protect our cells from damage. The most active form in our bodies is known as alpha-tocopherol. We can get Vitamin E from different foods, and it's also available in supplements.

HEALTH BENEFITS

Antioxidant Activity: Vitamin E is a powerful antioxidant, which means it helps protect our cells from damage. It does this by neutralizing harmful molecules known as free radicals. Free radicals are produced when our bodies break down food, or when we're exposed to harmful environments like tobacco smoke or radiation. Over time, the damage from these free radicals can lead to a number of chronic illnesses such as heart disease, cancer, and cataracts. By neutralizing free radicals, Vitamin E helps protect our cells and reduce our risk of these diseases

Skin Health: Vitamin E plays a key role in maintaining healthy skin. It helps protect the skin from damage caused by the sun's ultraviolet (UV) rays and also helps keep the skin hydrated, reducing dryness and itchiness. Additionally, Vitamin E can help with the healing process for minor skin wounds and burns. Some research also suggests that topical application of Vitamin E can help with skin conditions like eczema and psoriasis.



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Immune Function: Vitamin E is important for the normal function of our immune system, the body's defense against bacteria, viruses, and other pathogens. It enhances the function of immune cells and helps produce antibodies, proteins that fight off infections. This is particularly important for older adults, whose immune systems may not respond as quickly or as effectively to infections. Research has shown that Vitamin E can support the immune response in older adults, reducing the risk of common illnesses like the flu.

Eye Health: Vitamin E, along with other vitamins, can play a role in maintaining good eye health. Some research suggests that Vitamin E can help prevent or slow the progression of age-related macular degeneration (AMD), a common cause of blindness in older adults. AMD damages the part of the eye needed for sharp, central vision. Vitamin E may also help prevent the formation of cataracts, a clouding of the eye lens that can impair vision.

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FOOD SOURCES*

It's not easy to get all the Vitamin E you need from food alone. Here are some foods that do have Vitamin E, along with the average amount per serving:

- Wheat germ oil (1 tablespoon): 20.3 mg
- Almonds (1 ounce): 7.3 mg
- Sunflower seeds, roasted (1 ounce): 7.4 mg
- Hazelnuts, roasted (1 ounce): 4.3 mg
- Peanut butter (2 tablespoons): 2.9 mg
- Avocado (one whole): 2.68 mg
- Squash, cooked (1 cup): 2.6 mg



Note: *The DV values are based on a 2000-calorie diet for healthy adults. DV values may be different for children, pregnant women, or individuals with certain medical conditions.*

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RECOMMENDED DIETARY ALLOWANCE*

The Recommended Dietary Allowance (RDA) for Vitamin E depends on age and life stage.

Some people may not get enough Vitamin E from food alone. People at risk for deficiency include those with digestive disorders like Crohn's disease or cystic fibrosis, which can interfere with the body's ability to absorb fat, and thus, fat-soluble vitamins like Vitamin E. Always talk to your doctor or a dietitian before starting a new supplement.

- Infants 0-6 months: 4 mg (IU)
- Infants 7-12 months: 5 mg (IU)
- Children 1-3 years: 6 mg (9 IU)
- Children 4-8 years: 7 mg (10.5 IU)
- Children 9-13 years: 11 mg (16.5 IU).
- Adults and children 14 years and up: 15 mg (22.4 IU)
- Pregnant women: 15 mg (22.4 IU)
- Breastfeeding women: 19 mg (28.4 IU)

***Retrieved from:** *https://ods.od.nih.gov/factsheets/VitaminE-HealthProfessional/*

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