

Foods highest in

Vitamin E

"Day%" is the % of the amount required each day; this is in "oz" (ounces) of each food. "oz" of each food is the amount that contains 100 calories. "Score" is total of all nutrient score - 165 is average.

"Day%" is based upon a

15 mg

nominal daily value.

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Wheat germ oil	113%	110	0.4	11	Almond oil	30%	61	0.4	11
Total cereal	90%	1153	1.1	30	Toasted wheat germ	28%	521	0.9	26
Multi-Grain Cheerios	82%	952	0.9	26	Pumpkin	27%	857	13.6	385
Total Corn Flakes	80%	1004	0.9	27	Kellogg's Special K	27%	529	0.9	26
Complete Oat Bran Flakes	80%	1118	1.0	29	Tomatoes, canned	27%	296	20.7	588
Coriander (cilantro) leaves	72%	1762	15.3	435	Safflower oil, linoleic	26%	30	0.4	11
Dandelion greens	71%	849	7.8	222	Capers, canned	26%	-147	15.3	435
Paprika	69%	763	1.2	35	Complete Wheat Bran	25%	1194	1.1	31
Swiss chard	66%	2849	18.6	526	Bamboo shoots	25%	393	13.1	370
Chicory greens	66%	1726	15.3	435	Seaweed, agar	22%	359	13.6	385
Red/cayenne pepper	63%	541	1.1	31	Grapeseed oil	22%	24	0.4	11
Chili powder	62%	497	1.1	32	Pumpkin, canned	21%	1139	10.4	294
Watercress	61%	2843	32.1	909	Tomatoes, ripe	20%	416	19.6	556
Turnip greens	60%	1791	11.0	313	Pimento, canned	20%	884	15.3	435
Spinach	59%	2601	15.3	435	Dried basil	20%	866	1.4	40
Total Raisin Bran	53%	648	1.1	32	Blackberries	18%	285	8.2	233
Mustard greens	52%	2403	13.6	385	Thyme, dried	18%	869	1.3	36
Collards	50%	1611	11.8	333	Cloves	18%	581	1.1	31
Smart Start Cereal	49%	593	1.0	27	Cranberries	17%	156	7.7	217
Broccoli raab	49%	1267	16.0	455	Soy milk	17%	274	6.8	192
Beet greens	45%	1964	16.0	455	Endive	17%	1482	20.7	588
Curry powder	45%	323	1.1	31	Parsley, dried	17%	903	1.3	36
Smart Start Soy Protein	45%	541	1.0	27	Kiwi	16%	287	5.8	164
Oregano, dried	41%	519	1.2	33	Hazelnuts or filberts	16%	162	0.6	16
Red bell peppers	41%	1071	13.6	385	Sage	16%	554	1.1	32
Sunflower seed kernels	40%	220	0.6	18	Broccoli	15%	748	10.4	294
Hazelnut oil	36%	71	0.4	11	Seaweed, wakame	15%	562	7.8	222
Tomato paste	35%	243	4.3	122	Avocados	15%	130	2.9	83
Ground ginger	35%	490	1.0	29	Garden cress	15%	1639	11.0	313
Sunflower oil, linoleic	31%	48	0.4	11	Grape leaves	14%	998	3.8	108
Sunflower oil, oleic	31%	68	0.4	11	Taro	14%	122	3.1	89
Asparagus	30%	586	14.1	400	Parsley	14%	2925	9.8	278
Almonds	30%	154	0.6	17	Brussels sprouts	14%	692	8.2	233

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Mulberries	13%	188	8.2	233	Green beans	9%	393	11.4	323
Seaweed, kelp	13%	429	8.2	233	Avocados raw	9%	142	2.2	63
Infant formula, SIMILAC	13%	96	5.3	152	Iceberg lettuce	9%	410	25.2	714
Parsnips	13%	190	4.7	133	Eggplant	8%	279	14.7	417
Flaxseed oil	13%	18	0.4	11	Oysters	8%	2266	5.2	147
Canola oil	13%	43	0.4	11	Chinese waterchestnuts	8%	117	3.6	103
Green leaf lettuce	13%	1957	23.5	667	Potato chips	8%	70	0.6	18
Tomato juice	13%	401	20.7	588	Tomatillos	8%	212	11.0	313
Peaches	12%	104	9.0	256	Okra	8%	671	11.4	323
Papayas	12%	318	9.0	256	Salad dressing, sesame seed	8%	11	0.8	23
Apricots raw	12%	188	7.3	208	All-Bran with fiber	7%	1098	1.8	52
Green bell peppers	12%	738	17.6	500	Guavas	7%	526	5.2	147
Rhubarb	12%	325	16.8	476	Soybean oil	7%	18	0.4	11
Palm oil	12%	1	0.4	11	Shrimp	7%	382	3.3	94
Apricots dried	12%	68	1.5	41	Coffee, brewed	7%	1132	352.7	10000
Kohlrabi	12%	510	13.1	370	Blueberries	7%	89	6.2	175
Peanut oil	12%	25	0.4	11	Ensure plus	6%	116	2.5	71
Nectarines	12%	98	8.0	227	Red leaf lettuce	6%	1603	22.0	625
Potato sticks	12%	54	0.7	19	Podded peas	6%	492	8.4	238
Chili peppers	12%	693	8.8	250	Strawberries	6%	359	11.0	313
Mangos	11%	111	5.4	154	Soyburger	6%	171	1.8	52
Arugula	11%	825	14.1	400	Cumin seed	6%	279	0.9	27
Manhattan clam chowder	11%	201	5.8	164	Pomegranates	6%	26	5.2	147
Celery	11%	422	22.0	625	Ground tumeric	6%	284	1.0	28
Raspberries	11%	234	6.8	192	Brazilnuts, dried	6%	507	0.5	15
Lobster	11%	417	3.9	111	Gooseberries	6%	204	8.0	227
Olive oil	11%	43	0.4	11	Rutabagas	6%	251	9.8	278
Corn oil	11%	33	0.4	11	Egg yolk	5%	38	1.1	31
Margarine, hydrogenated	11%	37	0.5	14	Halibut	5%	389	3.2	91
Carrots	11%	1011	8.6	244	Cod fish	5%	343	3.4	95
Orange roughy	11%	380	4.6	132	Romaine lettuce	5%	1566	20.7	588
Rice bran	10%	600	1.1	32	Cheese-flavor corn twists	5%	39	0.6	18
Leeks	10%	274	5.8	164	Caraway seeds	5%	254	1.1	30
Catsup	10%	27	3.6	103					
Peanuts	10%	142	0.6	18					
Olives, canned	10%	61	3.1	87					
Pine nuts, dried	9%	141	0.5	15					
Boston lettuce	9%	1299	27.1	769					