



**Vitamin E is beneficial to your immune system, skin and eyes.  
Eating Vitamin E-rich foods has been found to be associated with  
some of the following health benefits:**

1. Balances Cholesterol
2. Fights free radicals and prevents disease
3. Repairs damaged skin
4. Thicken hair
5. Balances hormones
6. Helps PMS symptoms
7. Improves vision
8. Helps people with Alzheimer's disease
9. Improves physical endurance and muscle strength
10. important during pregnancy for growth and development



### Top 10 Vitamin E Foods:

1. Almonds	7.3mg	1 oz
2. Spinach	6.9mg	1 bunch
3. Chard	3.0mg	1 cup
4. Sweet potato	4.2mg	1 cup
5. Sunflower seeds	4.2mg	2 tbsp
6. Palm oil	2.2mg	1 tbsp
7. Avocado	2.7mg	1 whole
8. Butternut squash	2.0mg	1 cup
9. Trout	2.0mg	3 oz
10. Olive oil	2.0mg	1 tbsp