

Dr. Crowley's Farmacy

Vitamin E -

Reduces inflammation and improves immune function. Protects Your cells from damage. Alleviates asthma symptoms, improves liver health. Can lower blood pressure. Relieves menstrual pain and supports skin disorders.

The following foods are a great source of Vitamin E

Fish

Blue Crab 1 cup 2.2 mg
Trout 1 fillet 2 mg
Swordfish, cooked 3 oz 2 mg
Shrimp 12 large 1.9 mg
Tilapia, cooked 6 oz 1.3 mg
Lobster 3 oz 0.9 mg
Canned white tuna 3 oz 0.7 mg
Halibut, cooked 3 oz 0.6 mg
Cod 1 fillet 0.6 mg

Vegetables

Spinach, cooked 1 cup 3.7 mg
Swiss Chard, cooked 1 cup 3.3 mg
Red Bell Peppers, cooked 1 cup 3.3 mg
Sweet Potatoes, boiled 1 cup 3.1 mg
Asparagus, boiled 1 cup 2.7 mg
Butternut Squash, cooked 1 cup 2.6 mg
Canned Pumpkin 1 cup 2.6 mg
Broccoli, boiled 1 cup 2.3 mg
Green Bell Peppers, cooked 1 cup 1.6 mg

Fruit

Avocados each avocado 4.2 mg
Kiwi fruit 1 cup 2.6 mg
Blackberries 1 cup 1.7 mg
Mangos 1 cup 1.5 mg
Cranberries, raw 1 cup 1.5 mg
Apricots, raw 1 cup 1.4 mg
Dried Apricots 1 oz 1.2 mg
Guava 1 cup 1.2 mg
Yellow Peaches 1 cup 1.1 mg
Raspberries 1 cup 1.1 mg
Pomegranates 1 cup 1 mg

Seeds and Oils

Sunflower seeds 1 oz 7.4 mg
Almonds 1 oz 7.3 mg
Hazelnuts 1 oz 4.3 mg
Grapeseed Oil 1 TBSP 3.9 mg
Peanut Oil 1 TBSP 2.1 mg
Olive Oil 1 TBSP 1.9 mg

"Let food be thy medicine and medicine be thy food" Hippocrates