

Vitamin E

Vitamin E is an antioxidant which protects the body cells from damage caused by metabolic waste products; also called oxygen-free radicals. Vitamin E boosts the immune system and has several benefits:

- Protects against cancer by boosting immunity.
- Delays aging process – cataract, skin wrinkling, arthritis, minimizes inflammation and joint pain of rheumatoid arthritis
- Protection against atherosclerosis – hardening of blood vessels.
- Good neuromuscular health.

Average Vitamin E level – 5.5 to 17 mcg/milliliter

Sources of Vitamin E

Compared to animal foods, the plant foods are more abundant sources of vitamin E. Vitamin E deficiency is rare because its requirements are low, and it exists abundantly in nature.

- A rich source of Vitamin E is seed oils such as – Mustard oil, Sesame oil, and groundnut oil. Heating these oils loses 30-40% of vitamin E. Sesame oil has a low smoking point like olive oil, and it loses 65% of Vitamin E with heating. The best way to eat sesame oil is in salads and add to the food after cooking as is done in case of the olive oil.
- Nuts and seeds (almonds, sunflower seeds)
- Green leafy vegetables