

VITAMIN E RICH FOODS



Safflower seeds
(कुसुम के बीज)
Vitamin E = 35.09 mg



Almonds
(बादाम)
Vitamin E = 25.86 mg



Coconut dry
(नारियल की गिरी सूखी)
Vitamin E = 6.06 mg



Egg, whole, raw
(अंडा)
Vitamin E = 2.97 mg



Catla fish
(कटला मछली)
Vitamin E = 2.35 mg

*Nutrient rich food items derived from relevant food groups, locally available and commonly consumed by the Indian population

Values are per 100 g

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Bengal gram whole
(चना)
Vitamin E = 1.72 mg



Spinach
(पालक)
Vitamin E = 1.29 mg



Phalsa
(फालसा)
Vitamin E = 0.93 mg



Pumpkin green
(कद्दू/पेला)
Vitamin E = 0.87 mg



Mustard Leaves
(सरसों का साग)
Vitamin E = 0.57 mg

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