

# USDA National Nutrient Database for Standard Reference, Release 18

## Vitamin E (alpha-tocopherol) ( mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	13.50
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	13.50
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	13.50
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	13.50
11546	Tomato products, canned, paste, without salt added	262	1 cup	11.27
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	8.35
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	7.40
12061	Nuts, almonds	28.35	1 oz (24 nuts)	7.33
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	6.73
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	5.59
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	5.54
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	5.10
11549	Tomato products, canned, sauce	245	1 cup	5.10
11547	Tomato products, canned, puree, without salt added	250	1 cup	4.93
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	4.74
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	4.64
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	4.36
12120	Nuts, hazelnuts or filberts	28.35	1 oz	4.26
11461	Spinach, canned, drained solids	214	1 cup	4.15
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	3.74
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	3.57
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	3.46
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	3.31
16120	Soy milk, fluid	245	1 cup	3.31
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	3.10
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	2.84
11655	Carrot juice, canned	236	1 cup	2.74
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	2.71
12147	Nuts, pine nuts, dried	28.35	1 oz	2.65
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	2.61
11424	Pumpkin, canned, without salt	245	1 cup	2.60
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	2.58
11512	Sweet potato, canned, vacuum pack	255	1 cup	2.55
15141	Crustaceans, crab, blue, canned	135	1 cup	2.48
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	2.43
04582	Vegetable oil, canola	14	1 tbsp	2.39
11821	Peppers, sweet, red, raw	149	1 cup	2.35
21024	Fast foods, french toast sticks	141	5 sticks	2.33
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	2.32
09176	Mangos, raw	207	1 mango	2.32
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	2.32
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	2.26
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	2.25
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	2.24
09226	Papayas, raw	304	1 papaya	2.22
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	2.21
18319	Pie, fried pies, fruit	128	1 pie	2.20
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	2.16

# USDA National Nutrient Database for Standard Reference, Release 18

## Vitamin E (alpha-tocopherol) ( mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	2.13
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	2.12
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	2.12
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	2.04
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	2.04
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	2.01
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	1.97
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	1.96
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	1.96
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	1.94
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	1.94
04053	Oil, olive, salad or cooking	13.5	1 tbsp	1.94
19411	Snacks, potato chips, plain, salted	28.35	1 oz	1.91
11821	Peppers, sweet, red, raw	119	1 pepper	1.88
09176	Mangos, raw	165	1 cup	1.85
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	1.84
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	1.83
09306	Raspberries, frozen, red, sweetened	250	1 cup	1.80
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	1.80
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	1.78
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	1.74
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	1.70
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	1.69
09042	Blackberries, raw	144	1 cup	1.68
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	1.68
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	1.67
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	1.65
19087	Candies, white chocolate	170	1 cup	1.63
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	1.62
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	1.61
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	1.61
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	1.59
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	1.59
20113	Noodles, chinese, chow mein	45	1 cup	1.57
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	1.56
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	1.56
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	1.55
19422	Snacks, potato chips, reduced fat	28.35	1 oz	1.55
09250	Peaches, frozen, sliced, sweetened	250	1 cup	1.55
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	1.55
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	1.55
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	1.55
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	1.54
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	1.54
09032	Apricots, dried, sulfured, uncooked	35	10 halves	1.52
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	1.51
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	1.48
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	1.47

# USDA National Nutrient Database for Standard Reference, Release 18

## Vitamin E (alpha-tocopherol) ( mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	1.47
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	1.46
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	1.45
16098	Peanut butter, smooth style, with salt	16	1 tbsp	1.44
22401	Spaghetti with meat sauce, frozen entree	283	1 package	1.42
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	1.40
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	1.39
19126	Candies, milk chocolate coated peanuts	40	10 pieces	1.38
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	1.33
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	1.32
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	1.31
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	1.28
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	1.27
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	1.27
11658	Spinach souffle	136	1 cup	1.26
09236	Peaches, raw	170	1 cup	1.24
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	1.24
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	1.24
18305	Pie, blueberry, commercially prepared	117	1 piece	1.22
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	1.22
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	1.20
18320	Pie, lemon meringue, commercially prepared	113	1 piece	1.20
09055	Blueberries, frozen, sweetened	230	1 cup	1.20
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	1.20
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	1.19
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	1.19
16008	Beans, baked, canned, with franks	259	1 cup	1.19
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	1.19
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	1.18
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	1.15
15077	Fish, salmon, chinook, smoked	85.05	3 oz	1.15
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	1.14
18326	Pie, pumpkin, commercially prepared	109	1 piece	1.12
04133	Salad dressing, french, home recipe	14	1 tbsp	1.12
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	1.11
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	1.11
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	1.10
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	1.09
11128	Carrots, canned, regular pack, drained solids	146	1 cup	1.08
09302	Raspberries, raw	123	1 cup	1.07
09191	Nectarines, raw	136	1 nectarine	1.05
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	1.05
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	1.04
09226	Papayas, raw	140	1 cup	1.02
16097	Peanut butter, chunk style, with salt	16	1 tbsp	1.01
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	1.00
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.99

# USDA National Nutrient Database for Standard Reference, Release 18

## Vitamin E (alpha-tocopherol) ( mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20080	Wheat flour, whole-grain	120	1 cup	0.98
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.97
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.97
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.97
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	0.95
20033	Oat bran, raw	94	1 cup	0.95
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.95
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.94
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.93
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	0.92
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.92
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.91
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.90
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.90
18308	Pie, cherry, commercially prepared	117	1 piece	0.89
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.89
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	0.88
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.86
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	0.86
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.85
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.84
14347	Shake, fast food, vanilla	333	16 fl oz	0.83
09050	Blueberries, raw	145	1 cup	0.83
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.83
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.81
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.80
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.80
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.79
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.78
11540	Tomato juice, canned, with salt added	243	1 cup	0.78
11578	Vegetable juice cocktail, canned	242	1 cup	0.77
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	0.76
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	0.76
02009	Spices, chili powder	2.6	1 tsp	0.76
09039	Avocados, raw, Florida	28.35	1 oz	0.75
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.75
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.74
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.74
11124	Carrots, raw	110	1 cup	0.73
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.72
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.72
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.72
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.72
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.72
09236	Peaches, raw	98	1 peach	0.72
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.72
12167	Nuts, chestnuts, european, roasted	143	1 cup	0.72

# USDA National Nutrient Database for Standard Reference, Release 18

## Vitamin E (alpha-tocopherol) ( mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.71
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.71
06166	Sauce, homemade, white, medium	250	1 cup	0.70
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.70
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.70
11090	Broccoli, raw	88	1 cup	0.69
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	0.68
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.67
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.67
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.67
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.66
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.66
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.66
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.66
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.65
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	0.64
02028	Spices, paprika	2.1	1 tsp	0.63
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	0.62
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.62
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.62
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0.62
11457	Spinach, raw	30	1 cup	0.61
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0.60
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.60
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.59
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.59
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.59
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.59
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.58
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.57
01123	Egg, whole, raw, fresh	58	1 extra large	0.56
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.56
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.56
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	0.56
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.56
01128	Egg, whole, cooked, fried	46	1 large	0.56
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.56
09038	Avocados, raw, California	28.35	1 oz	0.56
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.56
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.56
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.56
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.55
11333	Peppers, sweet, green, raw	149	1 cup	0.55
19035	Snacks, popcorn, oil-popped, microwaved	11	1 cup	0.55
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.55
20083	Wheat flour, white, bread, enriched	137	1 cup	0.55
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.55

# USDA National Nutrient Database for Standard Reference, Release 18

## Vitamin E (alpha-tocopherol) ( mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.54
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.54
09128	Grapefruit juice, white, raw	247	1 cup	0.54
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.54
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.54
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.54
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.54
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	0.53
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.53
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.53
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.52
01132	Egg, whole, cooked, scrambled	61	1 large	0.52
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.52
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.51
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.51
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.51
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0.51
01057	Eggnog	254	1 cup	0.51
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.51
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.50
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.50
09207	Orange juice, canned, unsweetened	249	1 cup	0.50
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.49
01095	Milk, canned, condensed, sweetened	306	1 cup	0.49
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.49
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.49
01123	Egg, whole, raw, fresh	50	1 large	0.49
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.48
09316	Strawberries, raw	166	1 cup	0.48
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.48
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.48
01131	Egg, whole, cooked, poached	50	1 large	0.48
18239	Croissants, butter	57	1 croissant	0.48
11124	Carrots, raw	72	1 carrot	0.48
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.47
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.47
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.47
18274	Muffins, blueberry, commercially prepared	57	1 muffin	0.47
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.47
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.46
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.46
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.46
18279	Muffins, corn, commercially prepared	57	1 muffin	0.46
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.45
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.45
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	0.45

# USDA National Nutrient Database for Standard Reference, Release 18

## Vitamin E (alpha-tocopherol) ( mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19071	Candies, carob	28.35	1 oz	0.45
11333	Peppers, sweet, green, raw	119	1 pepper	0.44
02015	Spices, curry powder	2	1 tsp	0.44
19080	Candies, semisweet chocolate	168	1 cup	0.44
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.43
01125	Egg, yolk, raw, fresh	16.6	1 large	0.43
01123	Egg, whole, raw, fresh	44	1 medium	0.43
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	0.42
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.42
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.42
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.42
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.42
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	0.41
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.41
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.41
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.40
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.40
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.40
06174	Soup, stock, fish, home-prepared	233	1 cup	0.40
20089	Wild rice, cooked	164	1 cup	0.39
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.39
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	0.39
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.39
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.39
20011	Buckwheat flour, whole-groat	120	1 cup	0.38
23605	Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.38
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.38
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.38
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.38
19089	Ice creams, vanilla, rich	74	1/2 cup	0.38
18283	Muffins, oat bran	57	1 muffin	0.38
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	0.38
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.37
13930	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.37
09223	Tangerine juice, canned, sweetened	249	1 cup	0.37
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0.37
05277	Chicken, canned, meat only, with broth	142	5 oz	0.37
14346	Shake, fast food, chocolate	333	16 fl oz	0.37
09153	Lemon juice, canned or bottled	244	1 cup	0.37
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	0.37
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.36
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.36
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.36
18324	Pie, pecan, commercially prepared	113	1 piece	0.36
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.36
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.36

# USDA National Nutrient Database for Standard Reference, Release 18

## Vitamin E (alpha-tocopherol) ( mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.36
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0.35
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.35
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.34
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.34
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.34
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.34
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.34
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	0.34
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.33
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.33
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.33
09340	Pears, asian, raw	275	1 pear	0.33
01145	Butter, without salt	14.2	1 tbsp	0.33
01001	Butter, salted	14.2	1 tbsp	0.33
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.33
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.33
11143	Celery, raw	120	1 cup	0.32
09200	Oranges, raw, all commercial varieties	180	1 cup	0.32
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	0.32
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.32
23610	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.32
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.32
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.32
23598	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.31
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	0.31
09021	Apricots, raw	35	1 apricot	0.31
11670	Peppers, hot chili, green, raw	45	1 pepper	0.31
11819	Peppers, hot chili, red, raw	45	1 pepper	0.31
09294	Prune juice, canned	256	1 cup	0.31
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.31
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0.30
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.30
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.30
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	0.29
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.29
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.29
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.29
11226	Jerusalem-artichokes, raw	150	1 cup	0.29
02027	Spices, oregano, dried	1.5	1 tsp	0.28
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.28
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.28
22905	Beef stew, canned entree	232	1 cup	0.28
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.28



# USDA National Nutrient Database for Standard Reference, Release 18

## Vitamin E (alpha-tocopherol) ( mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18005	Bagels, cinnamon-raisin	89	4" bagel	0.28
20110	Noodles, egg, cooked, enriched	160	1 cup	0.27
01036	Cheese, ricotta, whole milk	246	1 cup	0.27
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.27
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.26
07073	Sandwich spread, pork, beef	15	1 tbsp	0.26
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.26
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.26
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.26
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.26
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	0.25
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.25
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.25
09277	Plantains, raw	179	1 medium	0.25
09003	Apples, raw, with skin	138	1 apple	0.25
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.25
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.25
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.25
18229	Crackers, standard snack-type, regular	12	4 crackers	0.24
11090	Broccoli, raw	31	1 spear	0.24
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	0.24
18245	Danish pastry, cheese	71	1 danish	0.24
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.24
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.24
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0.24
18353	Rolls, hard (includes kaiser)	57	1 roll	0.24
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.24
09200	Oranges, raw, all commercial varieties	131	1 orange	0.24
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	0.23
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.23
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.23
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.23
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.23
11015	Asparagus, canned, drained solids	72	4 spears	0.22
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.22
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.22
18360	Taco shells, baked	13.3	1 medium	0.22
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.22
11213	Endive, raw	50	1 cup	0.22
11935	Catsup	15	1 tbsp	0.22
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.22
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.22
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.21
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.21
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.21
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.21
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.21

# USDA National Nutrient Database for Standard Reference, Release 18

## Vitamin E (alpha-tocopherol) ( mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.21
20029	Couscous, cooked	157	1 cup	0.20
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.20
11457	Spinach, raw	10	1 leaf	0.20
09278	Plantains, cooked	154	1 cup	0.20
09252	Pears, raw	166	1 pear	0.20
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.20
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.20
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.20
19270	Ice creams, chocolate	66	1/2 cup	0.20
19095	Ice creams, vanilla	66	1/2 cup	0.20
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.19
04058	Oil, sesame, salad or cooking	13.6	1 tbs	0.19
06164	Sauce, ready-to-serve, salsa	16	1 tbs	0.19
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.19
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.19
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.19
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.19
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0.19
11399	Potato puffs, frozen, oven-heated	79	10 puffs	0.18
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.18
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.18
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.18
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.18
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.18
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0.18
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.18
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.18
11672	Potato pancakes	76	1 pancake	0.17
09298	Raisins, seedless	145	1 cup	0.17
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.17
01037	Cheese, ricotta, part skim milk	246	1 cup	0.17
09279	Plums, raw	66	1 plum	0.17
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.17
01143	Egg substitute, liquid	62.75	1/4 cup	0.17
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.17
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.17
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.17
07028	Ham, sliced, extra lean	56.7	2 slices	0.16
11253	Lettuce, green leaf, raw	56	1 cup	0.16
09060	Carambola, (starfruit), raw	108	1 cup	0.16
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.16
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbs	0.16
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.16
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.16
18243	Croutons, seasoned	40	1 cup	0.16

# USDA National Nutrient Database for Standard Reference, Release 18

## Vitamin E (alpha-tocopherol) ( mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.16
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.16
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.16
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.16
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	0.16
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.16
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.16
01111	Milk shakes, thick vanilla	313	11 fl oz	0.16
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.16
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.15
07017	Chicken roll, light meat	56.7	2 slices	0.15
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.15
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.15
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.15
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.15
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.15
19041	Snacks, pork skins, plain	28.35	1 oz	0.15
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.15
09040	Bananas, raw	150	1 cup	0.15
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.15
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	0.15
07064	Pork Sausage, Fresh, Cooked	27	1 patty	0.15
09340	Pears, asian, raw	122	1 pear	0.15
01077	Milk, whole, 3.25% milkfat	244	1 cup	0.15
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.14
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.14
09326	Watermelon, raw	286	1 wedge	0.14
07064	Pork Sausage, Fresh, Cooked	26	2 links	0.14
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.14
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.14
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.14
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.14
18235	Crackers, whole-wheat	16	4 crackers	0.14
09060	Carambola, (starfruit), raw	91	1 fruit	0.14
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.14
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.14
11641	Squash, summer, all varieties, raw	113	1 cup	0.14
18044	Bread, pumpernickel	32	1 slice	0.13
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0.13
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.13
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.13
18045	Bread, pumpernickel, toasted	29	1 slice	0.13
09094	Figs, dried, uncooked	38	2 figs	0.13
18040	Bread, oatmeal, toasted	25	1 slice	0.13
01052	Cream, fluid, light whipping	15	1 tbsp	0.13

# USDA National Nutrient Database for Standard Reference, Release 18

## Vitamin E (alpha-tocopherol) ( mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.13
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.13
18039	Bread, oatmeal	27	1 slice	0.13
11954	Tomatillos, raw	34	1 medium	0.13
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.13
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.13
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.13
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.13
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.13
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.13
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	0.13
22247	Macaroni and Cheese, canned entree	252	1 cup	0.13
07069	Salami, cooked, beef and pork	56.7	2 slices	0.12
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.12
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.12
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.12
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.12
11114	Cabbage, savoy, raw	70	1 cup	0.12
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.12
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.12
09040	Bananas, raw	118	1 banana	0.12
19014	Snacks, fruit leather, rolls	21	1 large	0.12
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.12
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0.12
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.11
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.11
07023	Frankfurter, beef and pork	45	1 frank	0.11
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.11
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.11
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.11
11143	Celery, raw	40	1 stalk	0.11
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.11
12104	Nuts, coconut meat, raw	45	1 piece	0.11
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.11
01040	Cheese, swiss	28.35	1 oz	0.11
18060	Bread, rye	32	1 slice	0.11
11109	Cabbage, raw	70	1 cup	0.11
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.11
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.10
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.10
18170	Cookies, fig bars	16	1 cookie	0.10
18027	Bread, egg	40	1/2" slice	0.10
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.10
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.10

# USDA National Nutrient Database for Standard Reference, Release 18

## Vitamin E (alpha-tocopherol) ( mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.10
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0.10
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.10
09206	Orange juice, raw	248	1 cup	0.10
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.10
07024	Frankfurter, chicken	45	1 frank	0.10
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.10
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.10
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.10
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.10
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.10
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0.10
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.10
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.10
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.10
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.09
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.09
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.09
11205	Cucumber, with peel, raw	301	1 large	0.09
07022	Frankfurter, beef	45	1 frank	0.09
02029	Spices, parsley, dried	1.3	1 tbsp	0.09
09087	Dates, deglet noor	178	1 cup	0.09
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.09
18061	Bread, rye, toasted	24	1 slice	0.09
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.09
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.09
18226	Crackers, rye, wafers, plain	11	1 wafer	0.09
11935	Catsup	6	1 packet	0.09
11445	Seaweed, kelp, raw	10	2 tbsp	0.09
09150	Lemons, raw, without peel	58	1 lemon	0.09
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.09
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.09
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.09
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.09
18220	Crackers, melba toast, plain	20	4 pieces	0.09
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.09
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.09
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.09
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.08
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.08
18041	Bread, pita, white, enriched	28	4" pita	0.08
20012	Bulgur, dry	140	1 cup	0.08
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.08
20100	Macaroni, cooked, enriched	140	1 cup	0.08

# USDA National Nutrient Database for Standard Reference, Release 18

## Vitamin E (alpha-tocopherol) ( mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.08
11206	Cucumber, peeled, raw	280	1 large	0.08
09160	Lime juice, raw	38	juice of 1 lime	0.08
11943	Pimento, canned	12	1 tbsp	0.08
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.08
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.08
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.08
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.08
01009	Cheese, cheddar	28.35	1 oz	0.08
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.08
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.08
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.08
09181	Melons, cantaloupe, raw	160	1 cup	0.08
11135	Cauliflower, raw	100	1 cup	0.08
01007	Cheese, camembert	38	1 wedge	0.08
19088	Ice creams, vanilla, light	66	1/2 cup	0.08
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.08
06119	Gravy, chicken, canned	59.5	1/4 cup	0.08
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.08
11112	Cabbage, red, raw	70	1 cup	0.08
04002	Lard	12.8	1 tbsp	0.08
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.08
09326	Watermelon, raw	152	1 cup	0.08
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	0.08
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.08
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.08
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.08
11297	Parsley, raw	10	10 sprigs	0.08
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.08
18048	Bread, raisin, toasted, enriched	24	1 slice	0.07
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.07
01030	Cheese, muenster	28.35	1 oz	0.07
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.07
18047	Bread, raisin, enriched	26	1 slice	0.07
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.07
11251	Lettuce, cos or romaine, raw	56	1 cup	0.07
18064	Bread, wheat (includes wheat berry)	25	1 slice	0.07
01056	Cream, sour, cultured	12	1 tbsp	0.07
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.07
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.07
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.07
01004	Cheese, blue	28.35	1 oz	0.07
09152	Lemon juice, raw	47	juice of 1 lemon	0.07
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.07
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.07
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.07
11081	Beets, cooked, boiled, drained	170	1 cup	0.07
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.07

# USDA National Nutrient Database for Standard Reference, Release 18

## Vitamin E (alpha-tocopherol) ( mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.07
01035	Cheese, provolone	28.35	1 oz	0.07
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.07
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.07
18053	Bread, reduced-calorie, rye	23	1 slice	0.06
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.06
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.06
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.06
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.06
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.06
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.06
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.06
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.06
11945	Pickle relish, sweet	15	1 tbsp	0.06
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.06
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.06
20037	Rice, brown, long-grain, cooked	195	1 cup	0.06
11937	Pickles, cucumber, dill	65	1 pickle	0.06
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	0.06
18033	Bread, italian	20	1 slice	0.06
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.06
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.06
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.06
07072	Salami, dry or hard, pork, beef	20	2 slices	0.06
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.06
18055	Bread, reduced-calorie, wheat	23	1 slice	0.06
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.06
09004	Apples, raw, without skin	110	1 cup	0.06
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	0.06
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.06
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.05
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.05
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.05
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.05
09316	Strawberries, raw	18	1 strawberry	0.05
01019	Cheese, feta	28.35	1 oz	0.05
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.05
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	0.05
11084	Beets, canned, drained solids	170	1 cup	0.05
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.05
16055	Carob flour	8	1 tbsp	0.05
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.05
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.05
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.05
01049	Cream, fluid, half and half	15	1 tbsp	0.05
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.05

# USDA National Nutrient Database for Standard Reference, Release 18

## Vitamin E (alpha-tocopherol) ( mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.05
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.05
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.05
07027	Ham, chopped, not canned	21	2 slices	0.05
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.05
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.05
09070	Cherries, sweet, raw	68	10 cherries	0.05
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.05
19074	Candies, caramels	10.1	1 piece	0.05
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.05
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.05
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.05
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.05
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.05
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.04
18057	Bread, reduced-calorie, white	23	1 slice	0.04
01017	Cheese, cream	14.5	1 tbsp	0.04
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.04
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.04
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.04
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.04
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.04
20005	Barley, pearled, raw	200	1 cup	0.04
18232	Crackers, wheat, regular	8	4 crackers	0.04
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.04
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.04
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.04
11333	Peppers, sweet, green, raw	10	1 ring	0.04
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.04
11206	Cucumber, peeled, raw	119	1 cup	0.04
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	0.04
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.04
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.04
09316	Strawberries, raw	12	1 strawberry	0.03
09181	Melons, cantaloupe, raw	69	1/8 melon	0.03
09206	Orange juice, raw	86	juice from 1 orange	0.03
01072	Dessert topping, pressurized	4	1 tbsp	0.03
09184	Melons, honeydew, raw	170	1 cup	0.03
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.03
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.03
11282	Onions, raw	160	1 cup	0.03
09184	Melons, honeydew, raw	160	1/8 melon	0.03
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.03
11205	Cucumber, with peel, raw	104	1 cup	0.03
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.03
09266	Pineapple, raw, all varieties	155	1 cup	0.03
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.03



# USDA National Nutrient Database for Standard Reference, Release 18

## Vitamin E (alpha-tocopherol) ( mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.03
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.03
06125	Gravy, turkey, canned	59.6	1/4 cup	0.03
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.03
11253	Lettuce, green leaf, raw	10	1 leaf	0.03
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.03
19036	Snacks, popcorn, cakes	10	1 cake	0.03
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.03
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.03
20084	Wheat flour, white, cake, enriched	137	1 cup	0.03
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.03
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.03
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.03
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.03
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.03
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.02
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.02
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.02
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.02
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.02
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.02
19297	Jams and preserves	20	1 tbsp	0.02
11364	Potatoes, baked, skin, without salt	58	1 skin	0.02
19034	Snacks, popcorn, air-popped	8	1 cup	0.02
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.02
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.02
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.02
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.02
19097	Sherbet, orange	74	1/2 cup	0.02
11282	Onions, raw	110	1 whole	0.02
02010	Spices, cinnamon, ground	2.3	1 tsp	0.02
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.02
02007	Spices, celery seed	2	1 tsp	0.02
09087	Dates, deglet noor	41.5	5 dates	0.02
11081	Beets, cooked, boiled, drained	50	1 beet	0.02
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.02
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.02
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.02
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.02
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.02
20013	Bulgur, cooked	182	1 cup	0.02
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.02
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.02
02020	Spices, garlic powder	2.8	1 tsp	0.02
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.02
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.02
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.02
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.02

# USDA National Nutrient Database for Standard Reference, Release 18

## Vitamin E (alpha-tocopherol) ( mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18217	Crackers, matzo, plain	28.35	1 matzo	0.02
09298	Raisins, seedless	14	1 packet	0.02
18177	Cookies, molasses	15	1 cookie, medium	0.02
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.02
20006	Barley, pearled, cooked	157	1 cup	0.02
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.02
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.02
11264	Mushrooms, canned, drained solids	156	1 cup	0.02
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0.02
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.02
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.02
02030	Spices, pepper, black	2.1	1 tsp	0.02
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.02
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.01
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.01
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.01
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.01
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.01
01032	Cheese, parmesan, grated	5	1 tbsp	0.01
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.01
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.01
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.01
01069	Cream substitute, powdered	2	1 tsp	0.01
06116	Gravy, beef, canned	58.25	1/4 cup	0.01
11135	Cauliflower, raw	13	1 floweret	0.01
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.01
11284	Onions, dehydrated flakes	5	1 tbsp	0.01
11084	Beets, canned, drained solids	24	1 beet	0.01
11260	Mushrooms, raw	70	1 cup	0.01
16112	Miso	68.75	1 cup	0.01
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.01
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.01
11156	Chives, raw	3	1 tbsp	0.01
18214	Crackers, cheese, regular	10	10 crackers	0.01
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.01
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.01
02026	Spices, onion powder	2.1	1 tsp	0.01
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.01
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.01
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.01
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.00
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.00
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.00
19294	Fruit butters, apple	17	1 tbsp	0.00
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.00
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.00
11282	Onions, raw	14	1 slice	0.00
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.00

# USDA National Nutrient Database for Standard Reference, Release 18

## Vitamin E (alpha-tocopherol) ( mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14181	Chocolate syrup	18.75	1 tbsp	0.00
01186	Cheese, cream, fat free	15.6	1 tbsp	0.00
02055	Horseradish, prepared	5	1 tsp	0.00
11215	Garlic, raw	3	1 clove	0.00
11955	Tomatoes, sun-dried	2	1 piece	0.00
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.00
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.00
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.00
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.00
35142	Bread, Indian, fry, made with lard (Navajo)	160	10-1/2" bread	0.00
20068	Tapioca, pearl, dry	152	1 cup	0.00
07008	Bologna, beef and pork	56.7	2 slices	0.00
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0.00
20027	Cornstarch	8.064	1 tbsp	0.00
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.00
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0.00
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.00
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.00
19353	Syrups, maple	20	1 tbsp	0.00
19350	Syrups, corn, light	20	1 tbsp	0.00
19336	Sugars, powdered	8	1 tbsp	0.00
19116	Candies, marshmallows	50	1 cup	0.00
19334	Sugars, brown	3.2	1 tsp	0.00
19107	Candies, hard	3	1 small piece	0.00
19300	Jellies	19	1 tbsp	0.00
19296	Honey	21	1 tbsp	0.00
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.00
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.00
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.00
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.00
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.00
19129	Syrups, table blends, pancake	20	1 tbsp	0.00
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.00
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.00
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.00
19108	Candies, jellybeans	28.35	10 large	0.00
19107	Candies, hard	6	1 piece	0.00
19335	Sugars, granulated	4.2	1 tsp	0.00
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.00
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.00
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.00
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.00
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.00
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.00
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.00
14277	Grape drink, canned	250	8 fl oz	0.00

# USDA National Nutrient Database for Standard Reference, Release 18

## Vitamin E (alpha-tocopherol) ( mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.00
14157	Carbonated beverage, root beer	370	12 fl oz	0.00
01124	Egg, white, raw, fresh	33.4	1 large	0.00
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.00
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.00
14121	Carbonated beverage, club soda	355	12 fl oz	0.00
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.00
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.00
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.00
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0.00
13350	Beef, cured, dried	28.35	1 oz	0.00
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0.00
11429	Radishes, raw	4.5	1 radish	0.00
35142	Bread, Indian, fry, made with lard (Navajo)	90	5" bread	0.00
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0.00
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.00
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.00
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.00
18373	Leavening agents, cream of tartar	3	1 tsp	0.00
18372	Leavening agents, baking soda	4.6	1 tsp	0.00
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.00
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.00
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.00
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.00
02047	Salt, table	6	1 tsp	0.00
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.00
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.00
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.00
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0.00
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.00
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.00
02048	Vinegar, cider	15	1 tbsp	0.00
02050	Vanilla extract	4.2	1 tsp	0.00
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.00
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.00
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.00
14429	Water, municipal	237	8 fl oz	0.00
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.00
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.00