

# USDA National Nutrient Database for Standard Reference, Release 23

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

| NDB_No | Description  | Weight (g) | Common Measure   | Content per Measure |
|--------|--|------------|------------------|---------------------|
| 08247  | Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran                           | 55         | 1 cup            | 13.503              |
| 08246  | Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes                           | 30         | 1-1/3 cup        | 13.500              |
| 08058  | Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19                              | 30         | 1 cup            | 13.500              |
| 08077  | Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL                           | 30         | 3/4 cup          | 13.500              |
| 08028  | Cereals ready-to-eat, KELLOGG, KELLOGG'S COMPLETE Wheat Flakes                   | 29         | 3/4 cup          | 13.442              |
| 11546  | Tomato products, canned, paste, without salt added                               | 262        | 1 cup            | 11.266              |
| 12537  | Seeds, sunflower seed kernels, dry roasted, with salt added                      | 32         | 1/4 cup          | 8.352               |
| 12061  | Nuts, almonds  | 28.35      | 1 oz (24 nuts)   | 7.433               |
| 12537  | Seeds, sunflower seed kernels, dry roasted, with salt added                      | 28.35      | 1 oz             | 7.399               |
| 11464  | Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt          | 190        | 1 cup            | 6.726               |
| 06931  | Sauce, pasta, spaghetti/marinara, ready-to-serve                                 | 250        | 1 cup            | 6.000               |
| 04506  | Oil, sunflower, linoleic, (approx. 65%)  | 13.6       | 1 tbsp           | 5.587               |
| 18330  | Pie crust, cookie-type, prepared from recipe, graham cracker, baked              | 239        | 1 pie shell      | 5.545               |
| 11547  | Tomato products, canned, puree, without salt added                               | 250        | 1 cup            | 4.925               |
| 08067  | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K                               | 31         | 1 cup            | 4.743               |
| 04511  | Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce) | 13.6       | 1 tbsp           | 4.638               |
| 11575  | Turnip greens, frozen, cooked, boiled, drained, without salt                     | 164        | 1 cup            | 4.362               |
| 12120  | Nuts, hazelnuts or filberts  | 28.35      | 1 oz             | 4.261               |
| 11461  | Spinach, canned, regular pack, drained solids                                    | 214        | 1 cup            | 4.152               |
| 11458  | Spinach, cooked, boiled, drained, without salt                                   | 180        | 1 cup            | 3.744               |
| 11549  | Tomato products, canned, sauce   | 245        | 1 cup            | 3.479               |
| 08219  | Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut           | 49         | 1 cup            | 3.234               |
| 19410  | Snack, potato chips, made from dried potatoes, plain                             | 28.35      | 1 oz             | 3.232               |
| 12635  | Nuts, mixed nuts, dry roasted, with peanuts, with salt added                     | 28.35      | 1 oz             | 3.101               |
| 11655  | Carrot juice, canned   | 236        | 1 cup            | 2.738               |
| 11569  | Turnip greens, cooked, boiled, drained, without salt                             | 144        | 1 cup            | 2.707               |
| 12147  | Nuts, pine nuts, dried   | 28.35      | 1 oz             | 2.645               |
| 11087  | Beet greens, cooked, boiled, drained, without salt                               | 144        | 1 cup            | 2.606               |
| 11424  | Pumpkin, canned, without salt  | 245        | 1 cup            | 2.597               |
| 19811  | Snacks, potato chips, plain, unsalted  | 28.35      | 1 oz             | 2.583               |
| 11208  | Dandelion greens, cooked, boiled, drained, without salt                          | 105        | 1 cup            | 2.562               |
| 15111  | Fish, swordfish, cooked, dry heat  | 106        | 1 piece          | 2.555               |
| 11512  | Sweet potato, canned, vacuum pack  | 255        | 1 cup            | 2.550               |
| 15141  | Crustaceans, crab, blue, canned  | 135        | 1 cup            | 2.484               |
| 04582  | Oil, canola  | 14         | 1 tbsp           | 2.444               |
| 11093  | Broccoli, frozen, chopped, cooked, boiled, drained, without salt                 | 184        | 1 cup            | 2.429               |
| 15241  | Fish, trout, rainbow, farmed, cooked, dry heat                                   | 85         | 3 oz             | 2.372               |
| 11821  | Peppers, sweet, red, raw   | 149        | 1 cup            | 2.354               |
| 12637  | Nuts, mixed nuts, with peanuts, oil roasted, with salt added                     | 28.35      | 1 oz             | 2.353               |
| 11091  | Broccoli, cooked, boiled, drained, without salt                                  | 156        | 1 cup            | 2.262               |
| 11647  | Sweet potato, canned, syrup pack, drained solids                                 | 196        | 1 cup            | 2.254               |
| 11823  | Peppers, sweet, red, cooked, boiled, drained, without salt                       | 136        | 1 cup            | 2.244               |
| 16090  | Peanuts, all types, dry-roasted, with salt                                       | 28.35      | 1 oz (approx 28) | 2.211               |
| 18319  | Pie, fried pies, fruit   | 128        | 1 pie            | 2.202               |
| 04611  | Margarine, regular, 80% fat, composite, tub, with salt                           | 14.2       | 1 tbsp           | 2.191               |
| 11019  | Asparagus, frozen, cooked, boiled, drained, without salt                         | 180        | 1 cup            | 2.160               |
| 11164  | Collards, frozen, chopped, cooked, boiled, drained, without salt                 | 170        | 1 cup            | 2.125               |

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| 04042  | Oil, peanut, salad or cooking   | 13.5       | 1 tbsp               | 2.118               |
| 11533  | Tomatoes, red, ripe, canned, stewed                                       | 255        | 1 cup                | 2.117               |
| 16051  | Beans, white, mature seeds, canned  | 262        | 1 cup                | 2.070               |
| 15111  | Fish, swordfish, cooked, dry heat   | 85         | 3 oz                 | 2.049               |
| 18257  | Eclairs, custard-filled with chocolate glaze, prepared from recipe        | 100        | 1 éclair             | 2.010               |
| 16089  | Peanuts, all types, oil-roasted, with salt                                | 28.35      | 1 oz                 | 1.967               |
| 16390  | Peanuts, all types, dry-roasted, without salt                             | 28.35      | 1 oz (approx 28)     | 1.965               |
| 11423  | Pumpkin, cooked, boiled, drained, without salt                            | 245        | 1 cup                | 1.960               |
| 04518  | Oil, corn, industrial and retail, all purpose salad or cooking            | 13.6       | 1 tbsp               | 1.945               |
| 22907  | Pasta with meatballs in tomato sauce, canned entree                       | 252        | 1 cup                | 1.940               |
| 04053  | Oil, olive, salad or cooking  | 13.5       | 1 tbsp               | 1.937               |
| 19411  | Snacks, potato chips, plain, salted                                       | 28.35      | 1 oz                 | 1.911               |
| 11821  | Peppers, sweet, red, raw  | 119        | 1 pepper             | 1.880               |
| 09176  | Mangos, raw   | 207        | 1 mango              | 1.863               |
| 21106  | Fast foods, fish sandwich, with tartar sauce and cheese                   | 183        | 1 sandwich           | 1.830               |
| 09306  | Raspberries, frozen, red, sweetened                                       | 250        | 1 cup                | 1.800               |
| 18301  | Pie, apple, commercially prepared, enriched flour                         | 117        | 1 piece              | 1.778               |
| 15086  | Fish, salmon, sockeye, cooked, dry heat                                   | 155        | 1/2 fillet           | 1.767               |
| 15088  | Fish, sardine, Atlantic, canned in oil, drained solids with bone          | 85.05      | 3 oz                 | 1.735               |
| 21005  | Fast Foods, biscuit, with egg and sausage                                 | 180        | 1 biscuit            | 1.710               |
| 11271  | Mustard greens, cooked, boiled, drained, without salt                     | 140        | 1 cup                | 1.694               |
| 06177  | Soup, minestrone, canned, reduced sodium, ready-to-serve                  | 241        | 1 cup                | 1.687               |
| 09042  | Blackberries, raw   | 144        | 1 cup                | 1.685               |
| 11162  | Collards, cooked, boiled, drained, without salt                           | 190        | 1 cup                | 1.672               |
| 04543  | Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed   | 13.6       | 1 tbsp               | 1.646               |
| 11531  | Tomatoes, red, ripe, canned, packed in tomato juice                       | 240        | 1 cup                | 1.632               |
| 19087  | Candies, white chocolate  | 170        | 1 cup                | 1.632               |
| 12078  | Nuts, brazilnuts, dried, unblanched                                       | 28.35      | 1 oz (6-8 nuts)      | 1.624               |
| 16043  | Beans, pinto, mature seeds, cooked, boiled, without salt                  | 171        | 1 cup                | 1.607               |
| 11125  | Carrots, cooked, boiled, drained, without salt                            | 156        | 1 cup                | 1.607               |
| 15232  | Fish, roughy, orange, cooked, dry heat                                    | 85         | 3 oz                 | 1.590               |
| 19031  | Snacks, oriental mix, rice-based  | 28.35      | 1 oz (about 1/4 cup) | 1.588               |
| 20113  | Noodles, chinese, chow mein   | 45         | 1 cup                | 1.566               |
| 15140  | Crustaceans, crab, blue, cooked, moist heat                               | 85         | 3 oz                 | 1.564               |
| 11299  | Parsnips, cooked, boiled, drained, without salt                           | 156        | 1 cup                | 1.560               |
| 19143  | Candies, MR. GOODBAR Chocolate Bar  | 49         | 1 bar (1.75 oz)      | 1.553               |
| 19422  | Snacks, potato chips, reduced fat   | 28.35      | 1 oz                 | 1.551               |
| 09250  | Peaches, frozen, sliced, sweetened  | 250        | 1 cup                | 1.550               |
| 09027  | Apricots, canned, heavy syrup pack, with skin, solids and liquids         | 258        | 1 cup                | 1.548               |
| 05142  | Duck, domesticated, meat only, cooked, roasted                            | 221        | 1/2 duck             | 1.547               |
| 09032  | Apricots, dried, sulfured, uncooked                                       | 35         | 10 halves            | 1.516               |
| 09214  | Orange juice, frozen concentrate, unsweetened, undiluted                  | 213        | 6-fl-oz can          | 1.512               |
| 09176  | Mangos, raw   | 165        | 1 cup                | 1.485               |
| 05058  | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter | 140        | 1/2 breast           | 1.484               |
| 11131  | Carrots, frozen, cooked, boiled, drained, without salt                    | 146        | 1 cup                | 1.475               |
| 11510  | Sweet potato, cooked, boiled, without skin                                | 156        | 1 potato             | 1.466               |
| 09024  | Apricots, canned, juice pack, with skin, solids and liquids               | 244        | 1 cup                | 1.464               |
| 15041  | Fish, herring, Atlantic, pickled  | 85.05      | 3 oz                 | 1.454               |

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|--------|---|------------|-----------------|---------------------|
| 16098  | Peanut butter, smooth style, with salt  | 16         | 1 tbsp          | 1.438               |
| 22401  | Spaghetti with meat sauce, frozen entree  | 283        | 1 package       | 1.415               |
| 18082  | Bread stuffing, bread, dry mix, prepared  | 100        | 1/2 cup         | 1.400               |
| 06468  | Soup, vegetarian vegetable, canned, prepared with equal volume water            | 241        | 1 cup           | 1.398               |
| 21025  | Fast foods, pancakes with butter and syrup                                      | 232        | 2 pancakes      | 1.392               |
| 19008  | Snacks, corn-based, extruded, puffs or twists, cheese-flavor                    | 28.35      | 1 oz            | 1.332               |
| 21138  | Fast foods, potato, french fried in vegetable oil                               | 169        | 1 large         | 1.318               |
| 19132  | Candies, milk chocolate, with almonds   | 41         | 1 bar (1.45 oz) | 1.287               |
| 09241  | Peaches, canned, heavy syrup pack, solids and liquids                           | 262        | 1 cup           | 1.284               |
| 06067  | Soup, chunky vegetable, canned, ready-to-serve                                  | 240        | 1 cup           | 1.272               |
| 11658  | Spinach souffle   | 136        | 1 cup           | 1.265               |
| 04610  | Margarine, regular, 80% fat, composite, stick, with salt                        | 14         | 1 tbsp          | 1.260               |
| 08243  | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS                         | 55         | 1 cup           | 1.260               |
| 21021  | Fast foods, english muffin, with egg, cheese, and canadian bacon                | 137        | 1 muffin        | 1.247               |
| 09236  | Peaches, raw  | 170        | 1 cup           | 1.241               |
| 21024  | Fast foods, french toast sticks   | 141        | 5 sticks        | 1.241               |
| 06428  | Soup, clam chowder, manhattan, canned, prepared with equal volume water         | 244        | 1 cup           | 1.220               |
| 06409  | Soup, beef noodle, canned, prepared with equal volume water                     | 244        | 1 cup           | 1.220               |
| 18305  | Pie, blueberry, commercially prepared   | 117        | 1 piece         | 1.217               |
| 19056  | Snacks, tortilla chips, plain, white corn                                       | 28.35      | 1 oz            | 1.216               |
| 09238  | Peaches, canned, juice pack, solids and liquids                                 | 248        | 1 cup           | 1.215               |
| 18320  | Pie, lemon meringue, commercially prepared                                      | 113        | 1 piece         | 1.198               |
| 09055  | Blueberries, frozen, sweetened  | 230        | 1 cup           | 1.196               |
| 11236  | Kale, frozen, cooked, boiled, drained, without salt                             | 130        | 1 cup           | 1.196               |
| 18356  | Sweet rolls, cinnamon, commercially prepared with raisins                       | 60         | 1 roll          | 1.194               |
| 21229  | Fast foods, chicken, breaded and fried, boneless pieces, plain                  | 106        | 6 pieces        | 1.187               |
| 15037  | Fish, halibut, Atlantic and Pacific, cooked, dry heat                           | 159        | 1/2 fillet      | 1.177               |
| 11040  | Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt | 180        | 1 cup           | 1.152               |
| 15077  | Fish, salmon, chinook, smoked   | 85.05      | 3 oz            | 1.148               |
| 08084  | Cereals ready-to-eat, wheat germ, toasted, plain                                | 7.119      | 1 tbsp          | 1.138               |
| 14639  | Rice drink, unsweetened, with added calcium, vitamins A and D                   | 240        | 8 fl oz         | 1.128               |
| 04133  | Salad dressing, french, home recipe   | 14         | 1 tbsp          | 1.120               |
| 09148  | Kiwifruit, green, raw   | 76         | 1 medium        | 1.110               |
| 11234  | Kale, cooked, boiled, drained, without salt                                     | 130        | 1 cup           | 1.105               |
| 15150  | Crustaceans, shrimp, mixed species, cooked, breaded and fried                   | 85         | 3 oz            | 1.105               |
| 04034  | Oil, soybean, salad or cooking, (partially hydrogenated)                        | 13.6       | 1 tbsp          | 1.102               |
| 06404  | Soup, bean with pork, canned, prepared with equal volume water                  | 253        | 1 cup           | 1.088               |
| 11128  | Carrots, canned, regular pack, drained solids                                   | 146        | 1 cup           | 1.080               |
| 09302  | Raspberries, raw  | 123        | 1 cup           | 1.070               |
| 09191  | Nectarines, raw   | 136        | 1 nectarine     | 1.047               |
| 21138  | Fast foods, potato, french fried in vegetable oil                               | 134        | 1 medium        | 1.045               |
| 11508  | Sweet potato, cooked, baked in skin, without salt                               | 146        | 1 potato        | 1.037               |
| 06243  | Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk   | 248        | 1 cup           | 1.017               |
| 04613  | Margarine-like, vegetable oil spread, 60% fat, tub, with salt                   | 4.8        | 1 tsp           | 1.014               |
| 16097  | Peanut butter, chunk style, with salt   | 16         | 1 tbsp          | 1.008               |

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| 09100  | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids | 248        | 1 cup          | 0.992               |
| 02009  | Spices, chili powder   | 2.6        | 1 tsp          | 0.992               |
| 15029  | Fish, flatfish (flounder and sole species), cooked, dry heat   | 127        | 1 fillet       | 0.978               |
| 06443  | Soup, cream of mushroom, canned, prepared with equal volume water  | 244        | 1 cup          | 0.976               |
| 05180  | Turkey, all classes, neck, meat only, cooked, simmered   | 152        | 1 neck         | 0.973               |
| 11529  | Tomatoes, red, ripe, raw, year round average   | 180        | 1 cup          | 0.972               |
| 11252  | Lettuce, iceberg (includes crisphead types), raw   | 539        | 1 head         | 0.970               |
| 15086  | Fish, salmon, sockeye, cooked, dry heat  | 85         | 3 oz           | 0.969               |
| 19126  | Candies, milk chocolate coated peanuts   | 40         | 10 pieces      | 0.960               |
| 15160  | Mollusks, clam, mixed species, canned, drained solids  | 85         | 3 oz           | 0.952               |
| 20033  | Oat bran, raw  | 94         | 1 cup          | 0.949               |
| 09097  | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids  | 237        | 1 cup          | 0.948               |
| 15152  | Crustaceans, shrimp, mixed species, canned   | 85.05      | 3 oz           | 0.936               |
| 21302  | Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust  | 106        | 1 slice        | 0.922               |
| 09226  | Papayas, raw   | 304        | 1 papaya       | 0.912               |
| 18324  | Pie, pecan, commercially prepared  | 113        | 1 piece        | 0.904               |
| 11012  | Asparagus, cooked, boiled, drained   | 60         | 4 spears       | 0.900               |
| 18274  | Muffins, blueberry, commercially prepared (Includes mini-muffins)  | 57         | 1 muffin       | 0.895               |
| 21226  | Pizza, meat and vegetable topping, regular crust, frozen, cooked   | 79         | 1 serving      | 0.893               |
| 18308  | Pie, cherry, commercially prepared   | 117        | 1 piece        | 0.889               |
| 18248  | Doughnuts, cake-type, plain (includes unsugared, old-fashioned)  | 47         | 1 medium       | 0.888               |
| 08261  | Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN   | 55         | 1 cup          | 0.886               |
| 11371  | Potatoes, mashed, home-prepared, whole milk and margarine added  | 210        | 1 cup          | 0.882               |
| 20112  | Noodles, egg, spinach, cooked, enriched  | 160        | 1 cup          | 0.880               |
| 11015  | Asparagus, canned, drained solids  | 72         | 4 spears       | 0.878               |
| 11242  | Kohlrabi, cooked, boiled, drained, without salt  | 165        | 1 cup          | 0.858               |
| 18255  | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)  | 60         | 1 medium       | 0.858               |
| 19155  | Candies, MARS SNACKFOOD US, SNICKERS Bar   | 57         | 1 bar (2 oz)   | 0.855               |
| 20080  | Wheat flour, whole-grain   | 120        | 1 cup          | 0.852               |
| 15148  | Crustaceans, lobster, northern, cooked, moist heat   | 85         | 3 oz           | 0.850               |
| 14347  | Shake, fast food, vanilla  | 333        | 16 fl oz       | 0.833               |
| 18326  | Pie, pumpkin, commercially prepared  | 109        | 1 piece        | 0.828               |
| 09050  | Blueberries, raw   | 145        | 1 cup          | 0.827               |
| 11028  | Bamboo shoots, canned, drained solids  | 131        | 1 cup          | 0.825               |
| 15034  | Fish, haddock, cooked, dry heat  | 150        | 1 fillet       | 0.825               |
| 12147  | Nuts, pine nuts, dried   | 8.6        | 1 tbsp         | 0.802               |
| 11101  | Brussels sprouts, frozen, cooked, boiled, drained, without salt  | 155        | 1 cup          | 0.791               |
| 04031  | Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)                  | 12.8       | 1 tbsp         | 0.785               |
| 08194  | Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS   | 30         | 3/4 cup        | 0.783               |
| 04120  | Salad dressing, french dressing, commercial, regular   | 15.6       | 1 tbsp         | 0.780               |
| 11540  | Tomato juice, canned, with salt added  | 243        | 1 cup          | 0.778               |
| 11578  | Vegetable juice cocktail, canned   | 242        | 1 cup          | 0.774               |
| 15058  | Fish, ocean perch, Atlantic, cooked, dry heat  | 85         | 3 oz           | 0.774               |
| 09039  | Avocados, raw, Florida   | 28.35      | 1 oz           | 0.754               |
| 11303  | Peas, edible-podded, frozen, cooked, boiled, drained, without salt   | 160        | 1 cup          | 0.752               |

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| 15119  | Fish, tuna, light, canned in oil, drained solids   | 85.05      | 3 oz                       | 0.740               |
| 04114  | Salad dressing, italian dressing, commercial, regular                                    | 14.7       | 1 tbsp                     | 0.735               |
| 08218  | Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins   | 51         | 1/2 cup                    | 0.729               |
| 11124  | Carrots, raw   | 110        | 1 cup                      | 0.726               |
| 06166  | Sauce, homemade, white, medium   | 250        | 1 cup                      | 0.725               |
| 15126  | Fish, tuna, white, canned in water, drained solids                                       | 85         | 3 oz                       | 0.723               |
| 04025  | Salad dressing, mayonnaise, soybean oil, with salt                                       | 13.8       | 1 tbsp                     | 0.720               |
| 11019  | Asparagus, frozen, cooked, boiled, drained, without salt                                 | 60         | 4 spears                   | 0.720               |
| 04135  | Salad dressing, home recipe, vinegar and oil   | 15.6       | 1 tbsp                     | 0.719               |
| 09236  | Peaches, raw   | 98         | 1 peach                    | 0.715               |
| 12167  | Nuts, chestnuts, european, roasted   | 143        | 1 cup                      | 0.715               |
| 04612  | Margarine-like, vegetable oil spread, 60% fat, stick, with salt                          | 14.3       | 1 tbsp                     | 0.715               |
| 15167  | Mollusks, oyster, eastern, wild, raw   | 84         | 6 medium                   | 0.714               |
| 01132  | Egg, whole, cooked, scrambled  | 61         | 1 large                    | 0.702               |
| 11590  | Waterchestnuts, chinese, canned, solids and liquids                                      | 140        | 1 cup                      | 0.700               |
| 21026  | Fast foods, potatoes, hashed brown   | 72         | 1/2 cup                    | 0.698               |
| 15017  | Fish, cod, Atlantic, canned, solids and liquid   | 85         | 3 oz                       | 0.697               |
| 11584  | Vegetables, mixed, frozen, cooked, boiled, drained, without salt                         | 182        | 1 cup                      | 0.692               |
| 11090  | Broccoli, raw  | 88         | 1 cup                      | 0.686               |
| 12652  | Nuts, pistachio nuts, dry roasted, with salt added                                       | 28.35      | 1 oz (47 nuts)             | 0.686               |
| 18335  | Pie crust, standard-type, frozen, ready-to-bake, enriched, baked                         | 126        | 1 pie shell                | 0.680               |
| 11334  | Peppers, sweet, green, cooked, boiled, drained, without salt                             | 136        | 1 cup                      | 0.680               |
| 11099  | Brussels sprouts, cooked, boiled, drained, without salt                                  | 156        | 1 cup                      | 0.671               |
| 05022  | Chicken, broilers or fryers, giblets, cooked, simmered                                   | 145        | 1 cup                      | 0.667               |
| 11529  | Tomatoes, red, ripe, raw, year round average   | 123        | 1 tomato                   | 0.664               |
| 21033  | Fast foods, sundae, hot fudge  | 158        | 1 sundae                   | 0.664               |
| 21138  | Fast foods, potato, french fried in vegetable oil  | 85         | 1 small                    | 0.663               |
| 15071  | Fish, rockfish, Pacific, mixed species, cooked, dry heat                                 | 149        | 1 fillet                   | 0.656               |
| 15027  | Fish, fish portions and sticks, frozen, preheated  | 57         | 1 portion (4" x 2" x 1/2") | 0.656               |
| 04539  | Salad dressing, blue or roquefort cheese dressing, commercial, regular                   | 15.3       | 1 tbsp                     | 0.655               |
| 15029  | Fish, flatfish (flounder and sole species), cooked, dry heat                             | 85         | 3 oz                       | 0.655               |
| 11308  | Peas, green (includes baby and lesuer types), canned, drained solids, unprepared         | 170        | 1 cup                      | 0.646               |
| 04128  | Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt | 4.8        | 1 tsp                      | 0.646               |
| 21224  | Pizza, cheese topping, regular crust, frozen, cooked                                     | 63         | 1 serving                  | 0.636               |
| 15037  | Fish, halibut, Atlantic and Pacific, cooked, dry heat                                    | 85         | 3 oz                       | 0.629               |
| 02028  | Spices, paprika  | 2.1        | 1 tsp                      | 0.626               |
| 22905  | Beef stew, canned entree   | 232        | 1 cup                      | 0.626               |
| 11301  | Peas, edible-podded, boiled, drained, without salt                                       | 160        | 1 cup                      | 0.624               |
| 04017  | Salad dressing, thousand island, commercial, regular                                     | 15.6       | 1 tbsp                     | 0.624               |
| 19045  | Snacks, potato chips, made from dried potatoes, reduced fat                              | 28.35      | 1 oz                       | 0.618               |
| 01123  | Egg, whole, raw, fresh   | 58         | 1 extra large              | 0.609               |
| 11457  | Spinach, raw   | 30         | 1 cup                      | 0.609               |
| 08272  | Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH                               | 30         | 3/4 cup                    | 0.603               |
| 01128  | Egg, whole, cooked, fried  | 46         | 1 large                    | 0.603               |
| 16109  | Soybeans, mature cooked, boiled, without salt  | 172        | 1 cup                      | 0.602               |
| 05292  | Turkey patties, breaded, battered, fried   | 64         | 1 patty                    | 0.595               |
| 19226  | Frostings, chocolate, creamy, ready-to-eat   | 38         | 1/12 package               | 0.593               |

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| NDB_No | Description   | Weight (g) | Common Measure  | Content per Measure |
|--------|---|------------|-----------------|---------------------|
| 11281  | Okra, frozen, cooked, boiled, drained, without salt   | 184        | 1 cup           | 0.589               |
| 09320  | Strawberries, frozen, sweetened, sliced   | 255        | 1 cup           | 0.587               |
| 06471  | Soup, vegetable beef, canned, prepared with equal volume water  | 244        | 1 cup           | 0.586               |
| 15150  | Crustaceans, shrimp, mixed species, cooked, breaded and fried   | 45         | 6 large         | 0.585               |
| 19230  | Frostings, vanilla, creamy, ready-to-eat  | 38         | 1/12 package    | 0.581               |
| 15157  | Mollusks, clam, mixed species, raw  | 85         | 3 oz            | 0.578               |
| 16057  | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt                             | 164        | 1 cup           | 0.574               |
| 19140  | Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies  | 20         | 10 pieces       | 0.570               |
| 15192  | Fish, cod, Pacific, cooked, dry heat  | 85         | 3 oz            | 0.570               |
| 08262  | Cereals ready-to-eat, GENERAL MILLS, BASIC 4  | 55         | 1 cup           | 0.567               |
| 11724  | Beans, snap, yellow, cooked, boiled, drained, without salt  | 125        | 1 cup           | 0.563               |
| 11053  | Beans, snap, green, cooked, boiled, drained, without salt   | 125        | 1 cup           | 0.563               |
| 09064  | Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned) | 244        | 1 cup           | 0.561               |
| 09038  | Avocados, raw, California   | 28.35      | 1 oz            | 0.558               |
| 18336  | Pie crust, standard-type, prepared from recipe, baked   | 180        | 1 pie shell     | 0.558               |
| 14242  | Cranberry juice cocktail, bottled   | 253        | 8 fl oz         | 0.557               |
| 11333  | Peppers, sweet, green, raw  | 149        | 1 cup           | 0.551               |
| 04585  | Margarine-like, margarine-butter blend, soybean oil and butter  | 14.2       | 1 tbsp          | 0.551               |
| 11291  | Onions, spring or scallions (includes tops and bulb), raw   | 100        | 1 cup           | 0.550               |
| 20083  | Wheat flour, white, bread, enriched   | 137        | 1 cup           | 0.548               |
| 06230  | Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk                           | 248        | 1 cup           | 0.546               |
| 18127  | Cake, snack cakes, creme-filled, chocolate with frosting  | 50         | 1 cupcake       | 0.545               |
| 11436  | Rutabagas, cooked, boiled, drained, without salt  | 170        | 1 cup           | 0.544               |
| 15084  | Fish, salmon, pink, canned, solids with bone and liquid   | 85         | 3 oz            | 0.544               |
| 09128  | Grapefruit juice, white, raw  | 247        | 1 cup           | 0.543               |
| 19135  | Candies, MARS SNACKFOOD US, MILKY WAY Bar   | 61         | 1 bar (2.15 oz) | 0.543               |
| 05188  | Turkey, all classes, dark meat, cooked, roasted   | 84         | 3 oz            | 0.538               |
| 11091  | Broccoli, cooked, boiled, drained, without salt   | 37         | 1 spear         | 0.537               |
| 21127  | Fast foods, coleslaw  | 99         | 3/4 cup         | 0.535               |
| 01057  | Eggnog  | 254        | 1 cup           | 0.533               |
| 11144  | Celery, cooked, boiled, drained, without salt   | 150        | 1 cup           | 0.525               |
| 01123  | Egg, whole, raw, fresh  | 50         | 1 large         | 0.525               |
| 19090  | Ice creams, french vanilla, soft-serve  | 86         | 1/2 cup         | 0.525               |
| 11247  | Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt                                     | 104        | 1 cup           | 0.520               |
| 01131  | Egg, whole, cooked, poached   | 50         | 1 large         | 0.520               |
| 01129  | Egg, whole, cooked, hard-boiled   | 50         | 1 large         | 0.515               |
| 20020  | Cornmeal, whole-grain, yellow   | 122        | 1 cup           | 0.512               |
| 11196  | Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt                              | 170        | 1 cup           | 0.510               |
| 04015  | Salad dressing, russian dressing  | 15.3       | 1 tbsp          | 0.508               |
| 19348  | Syrups, chocolate, fudge-type   | 19         | 1 tbsp          | 0.500               |
| 09207  | Orange juice, canned, unsweetened   | 249        | 1 cup           | 0.498               |
| 09215  | Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water                                      | 249        | 1 cup           | 0.498               |
| 09209  | Orange juice, chilled, includes from concentrate  | 249        | 1 cup           | 0.498               |
| 11038  | Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt                             | 170        | 1 cup           | 0.493               |
| 01095  | Milk, canned, condensed, sweetened  | 306        | 1 cup           | 0.490               |

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| NDB_No | Description  | Weight (g) | Common Measure   | Content per Measure |
|--------|--|------------|------------------|---------------------|
| 16063  | Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt                 | 172        | 1 cup            | 0.482               |
| 09316  | Strawberries, raw  | 166        | 1 cup            | 0.481               |
| 09241  | Peaches, canned, heavy syrup pack, solids and liquids  | 98         | 1 half           | 0.480               |
| 09238  | Peaches, canned, juice pack, solids and liquids  | 98         | 1 half           | 0.480               |
| 18239  | Croissants, butter   | 57         | 1 croissant      | 0.479               |
| 11124  | Carrots, raw   | 72         | 1 carrot         | 0.475               |
| 09081  | Cranberry sauce, canned, sweetened   | 57         | 1 slice          | 0.473               |
| 11581  | Vegetables, mixed, canned, drained solids  | 163        | 1 cup            | 0.473               |
| 09292  | Plums, dried (prunes), stewed, without added sugar   | 248        | 1 cup            | 0.471               |
| 15034  | Fish, haddock, cooked, dry heat  | 85         | 3 oz             | 0.468               |
| 09284  | Plums, canned, purple, heavy syrup pack, solids and liquids  | 258        | 1 cup            | 0.464               |
| 05168  | Turkey, all classes, meat only, cooked, roasted  | 140        | 1 cup            | 0.462               |
| 01123  | Egg, whole, raw, fresh   | 44         | 1 medium         | 0.462               |
| 09020  | Applesauce, canned, sweetened, without salt (includes USDA commodity)                                      | 255        | 1 cup            | 0.459               |
| 18279  | Muffins, corn, commercially prepared   | 57         | 1 muffin         | 0.456               |
| 09310  | Rhubarb, frozen, cooked, with sugar  | 240        | 1 cup            | 0.456               |
| 15058  | Fish, ocean perch, Atlantic, cooked, dry heat  | 50         | 1 fillet         | 0.455               |
| 09282  | Plums, canned, purple, juice pack, solids and liquids  | 252        | 1 cup            | 0.454               |
| 08060  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN   | 61         | 1 cup            | 0.451               |
| 18147  | Cheesecake commercially prepared   | 80         | 1 piece          | 0.448               |
| 06359  | Soup, tomato, canned, prepared with equal volume low fat (2%) milk   | 248        | 1 cup            | 0.446               |
| 19071  | Candies, carob, unsweetened  | 28.35      | 1 oz             | 0.445               |
| 11333  | Peppers, sweet, green, raw   | 119        | 1 pepper         | 0.440               |
| 02015  | Spices, curry powder   | 2          | 1 tsp            | 0.440               |
| 19080  | Candies, semisweet chocolate   | 168        | 1 cup            | 0.437               |
| 11279  | Okra, cooked, boiled, drained, without salt  | 160        | 1 cup            | 0.432               |
| 18229  | Crackers, standard snack-type, regular   | 12         | 4 crackers       | 0.430               |
| 01125  | Egg, yolk, raw, fresh  | 16.6       | 1 large          | 0.428               |
| 19039  | Snacks, popcorn, caramel-coated, without peanuts   | 35.2       | 1 cup            | 0.422               |
| 05126  | Chicken, stewing, meat only, cooked, stewed  | 140        | 1 cup            | 0.420               |
| 20125  | Spaghetti, whole-wheat, cooked   | 140        | 1 cup            | 0.420               |
| 09226  | Papayas, raw   | 140        | 1 cup            | 0.420               |
| 17095  | Veal, leg (top round), separable lean and fat, cooked, braised   | 85         | 3 oz             | 0.417               |
| 06559  | Soup, tomato, canned, prepared with equal volume water, commercial   | 244        | 1 cup            | 0.415               |
| 16008  | Beans, baked, canned, with franks  | 259        | 1 cup            | 0.414               |
| 18362  | Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)                                    | 52         | 1 pastry         | 0.411               |
| 13869  | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 85         | 3 oz             | 0.408               |
| 11210  | Eggplant, cooked, boiled, drained, without salt  | 99         | 1 cup            | 0.406               |
| 23573  | Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled  | 85         | 3 oz             | 0.400               |
| 23578  | Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled  | 85         | 3 oz             | 0.400               |
| 12142  | Nuts, pecans   | 28.35      | 1 oz (20 halves) | 0.397               |
| 06174  | Soup, stock, fish, home-prepared   | 233        | 1 cup            | 0.396               |
| 08220  | Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins                                    | 50         | 1/2 cup          | 0.395               |
| 20089  | Wild rice, cooked  | 164        | 1 cup            | 0.394               |
| 11932  | Beans, snap, yellow, canned, regular pack, drained solids  | 135        | 1 cup            | 0.392               |
| 13327  | Beef, variety meats and by-products, liver, cooked, pan-fried  | 85         | 3 oz             | 0.391               |

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|--------|--|------------|----------------------|---------------------|
| 09019  | Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)                     | 244        | 1 cup                | 0.390               |
| 18110  | Cake, fruitcake, commercially prepared   | 43         | 1 piece              | 0.387               |
| 19003  | Snacks, corn-based, extruded, chips, plain   | 28.35      | 1 oz                 | 0.386               |
| 20011  | Buckwheat flour, whole-groat   | 120        | 1 cup                | 0.384               |
| 23568  | Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled  | 85         | 3 oz                 | 0.383               |
| 23605  | Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised    | 85         | 3 oz                 | 0.383               |
| 16006  | Beans, baked, canned, plain or vegetarian  | 254        | 1 cup                | 0.381               |
| 19089  | Ice creams, vanilla, rich  | 74         | 1/2 cup              | 0.377               |
| 18283  | Muffins, oat bran  | 57         | 1 muffin             | 0.376               |
| 15071  | Fish, rockfish, Pacific, mixed species, cooked, dry heat   | 85         | 3 oz                 | 0.374               |
| 13930  | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled         | 85         | 3 oz                 | 0.374               |
| 09223  | Tangerine juice, canned, sweetened   | 249        | 1 cup                | 0.374               |
| 08001  | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original   | 30         | 1/2 cup              | 0.372               |
| 05277  | Chicken, canned, meat only, with broth   | 142        | 5 oz                 | 0.369               |
| 14346  | Shake, fast food, chocolate  | 333        | 16 fl oz             | 0.366               |
| 09153  | Lemon juice, canned or bottled   | 244        | 1 cup                | 0.366               |
| 09193  | Olives, ripe, canned (small-extra large)   | 22         | 5 large              | 0.363               |
| 11192  | Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt                                 | 165        | 1 cup                | 0.363               |
| 12179  | Nuts, coconut meat, dried (desiccated), sweetened, shredded  | 93         | 1 cup                | 0.363               |
| 18208  | Cookies, sugar, prepared from recipe, made with margarine  | 14         | 1 cookie             | 0.360               |
| 19038  | Snacks, popcorn, caramel-coated, with peanuts  | 42         | 1 cup                | 0.357               |
| 08078  | Cereals ready-to-eat, GENERAL MILLS, TRIX  | 30         | 1 cup                | 0.357               |
| 08089  | Cereals ready-to-eat, GENERAL MILLS, WHEATIES  | 30         | 1 cup                | 0.354               |
| 01096  | Milk, canned, evaporated, with added vitamin D and without added vitamin A                                 | 252        | 1 cup                | 0.353               |
| 19183  | Puddings, chocolate, ready-to-eat  | 113        | 4 oz                 | 0.350               |
| 13878  | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 85         | 3 oz                 | 0.349               |
| 22906  | Chicken pot pie, frozen entree, prepared   | 217        | 1 small pie          | 0.347               |
| 08026  | Cereals ready-to-eat, GENERAL MILLS, WHEATIES Raisin Bran  | 55         | cup (1 NLEA serving) | 0.347               |
| 08031  | Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original  | 51         | 1 cup                | 0.342               |
| 19201  | Puddings, vanilla, ready-to-eat  | 113        | 4 oz                 | 0.339               |
| 16072  | Lima beans, large, mature seeds, cooked, boiled, without salt  | 188        | 1 cup                | 0.338               |
| 18388  | Muffins, wheat bran, toaster-type with raisins, toasted  | 34         | 1 muffin             | 0.333               |
| 21130  | Fast foods, onion rings, breaded and fried   | 83         | 8-9 rings            | 0.332               |
| 11439  | Sauerkraut, canned, solids and liquids   | 236        | 1 cup                | 0.330               |
| 09340  | Pears, asian, raw  | 275        | 1 pear               | 0.330               |
| 18185  | Cookies, peanut butter, commercially prepared, regular   | 15         | 1 cookie             | 0.330               |
| 01001  | Butter, salted   | 14.2       | 1 tbsp               | 0.329               |
| 01145  | Butter, without salt   | 14.2       | 1 tbsp               | 0.329               |
| 19441  | Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit  | 37         | 1 bar                | 0.326               |
| 11143  | Celery, raw  | 120        | 1 cup                | 0.324               |
| 09200  | Oranges, raw, all commercial varieties   | 180        | 1 cup                | 0.324               |
| 18403  | Waffles, plain, frozen, ready -to-heat, toasted  | 33         | 1 waffle             | 0.323               |
| 05296  | Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted                                     | 85.05      | 3 oz                 | 0.323               |
| 23610  | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled            | 85         | 3 oz                 | 0.323               |



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|--------|---|------------|--------------------------|---------------------|
| 15027  | Fish, fish portions and sticks, frozen, preheated   | 28         | 1 stick (4" x 1" x 1/2") | 0.322               |
| 11008  | Artichokes, (globe or french), cooked, boiled, drained, without salt                                    | 168        | 1 cup                    | 0.319               |
| 23598  | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted | 85         | 3 oz                     | 0.315               |
| 18376  | Bread crumbs, dry, grated, seasoned   | 120        | 1 cup                    | 0.312               |
| 09021  | Apricots, raw   | 35         | 1 apricot                | 0.312               |
| 11819  | Peppers, hot chili, red, raw  | 45         | 1 pepper                 | 0.311               |
| 11670  | Peppers, hot chili, green, raw  | 45         | 1 pepper                 | 0.311               |
| 09294  | Prune juice, canned   | 256        | 1 cup                    | 0.307               |
| 10151  | Pork, cured, ham, whole, separable lean and fat, roasted  | 85         | 3 oz                     | 0.306               |
| 09132  | Grapes, red or green (European type, such as Thompson seedless), raw                                    | 160        | 1 cup                    | 0.304               |
| 17112  | Veal, rib, separable lean and fat, cooked, roasted  | 85         | 3 oz                     | 0.298               |
| 09161  | Lime juice, canned or bottled, unsweetened  | 246        | 1 cup                    | 0.295               |
| 11379  | Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added            | 210        | 1 cup                    | 0.294               |
| 11250  | Lettuce, butterhead (includes boston and bibb types), raw   | 163        | 1 head                   | 0.293               |
| 09125  | Grapefruit juice, white, frozen concentrate, unsweetened, undiluted                                     | 207        | 6-fl-oz can              | 0.290               |
| 10089  | Pork, fresh, spareribs, separable lean and fat, cooked, braised   | 85         | 3 oz                     | 0.289               |
| 08045  | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS   | 30         | 1 cup                    | 0.288               |
| 06018  | Soup, chunky chicken noodle, canned, ready-to-serve   | 240        | 1 cup                    | 0.288               |
| 11226  | Jerusalem-artichokes, raw   | 150        | 1 cup                    | 0.285               |
| 15121  | Fish, tuna, light, canned in water, drained solids  | 85         | 3 oz                     | 0.281               |
| 18173  | Cookies, graham crackers, plain or honey (includes cinnamon)  | 84         | 1 cup                    | 0.277               |
| 18005  | Bagels, cinnamon-raisin   | 89         | 4" bagel                 | 0.276               |
| 02027  | Spices, oregano, dried  | 1.5        | 1 tsp                    | 0.274               |
| 20110  | Noodles, egg, cooked, enriched  | 160        | 1 cup                    | 0.272               |
| 01036  | Cheese, ricotta, whole milk   | 246        | 1 cup                    | 0.271               |
| 16120  | Soymilk, original and vanilla, unfortified  | 245        | 1 cup                    | 0.270               |
| 19035  | Snacks, popcorn, oil-popped, microwave, regular flavor  | 11         | 1 cup                    | 0.267               |
| 18248  | Doughnuts, cake-type, plain (includes unsugared, old-fashioned)   | 14         | 1 hole                   | 0.265               |
| 18128  | Cake, snack cakes, creme-filled, sponge   | 42.5       | 1 cake                   | 0.264               |
| 07073  | Sandwich spread, pork, beef   | 15         | 1 tbsp                   | 0.261               |
| 18166  | Cookies, chocolate sandwich, with creme filling, regular  | 10         | 1 cookie                 | 0.261               |
| 12585  | Nuts, cashew nuts, dry roasted, with salt added   | 28.35      | 1 oz                     | 0.261               |
| 12586  | Nuts, cashew nuts, oil roasted, with salt added   | 28.35      | 1 oz (18 nuts)           | 0.261               |
| 10075  | Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised                              | 85         | 3 oz                     | 0.255               |
| 16011  | Beans, baked, canned, with pork and tomato sauce  | 253        | 1 cup                    | 0.253               |
| 09220  | Tangerines, (mandarin oranges), canned, light syrup pack  | 252        | 1 cup                    | 0.252               |
| 11642  | Squash, summer, all varieties, cooked, boiled, drained, without salt                                    | 180        | 1 cup                    | 0.252               |
| 09277  | Plantains, raw  | 179        | 1 medium                 | 0.251               |
| 18245  | Danish pastry, cheese   | 71         | 1 danish                 | 0.249               |
| 09003  | Apples, raw, with skin  | 138        | 1 apple                  | 0.248               |
| 15221  | Fish, tuna, yellowfin, fresh, cooked, dry heat  | 85         | 3 oz                     | 0.247               |
| 10078  | Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised                                 | 85         | 3 oz                     | 0.247               |
| 11644  | Squash, winter, all varieties, cooked, baked, without salt  | 205        | 1 cup                    | 0.246               |
| 11090  | Broccoli, raw   | 31         | 1 spear                  | 0.242               |

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|--------|---|------------|------------------|---------------------|
| 18246  | Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry) | 71         | 1 danish         | 0.241               |
| 08274  | Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX  | 30         | 3/4 cup          | 0.240               |
| 18210  | Cookies, vanilla sandwich with creme filling  | 15         | 1 cookie         | 0.240               |
| 04612  | Margarine-like, vegetable oil spread, 60% fat, stick, with salt                                 | 4.8        | 1 tsp            | 0.240               |
| 18353  | Rolls, hard (includes kaiser)   | 57         | 1 roll           | 0.239               |
| 15067  | Fish, pollock, walleye, cooked, dry heat  | 85         | 3 oz             | 0.238               |
| 09200  | Oranges, raw, all commercial varieties  | 131        | 1 orange         | 0.236               |
| 08271  | Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS  | 30         | 1 cup            | 0.234               |
| 05064  | Chicken, broilers or fryers, breast, meat only, cooked, roasted                                 | 86         | 1/2 breast       | 0.232               |
| 08082  | Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX   | 30         | 1 cup            | 0.231               |
| 09121  | Grapefruit, sections, canned, light syrup pack, solids and liquids                              | 254        | 1 cup            | 0.229               |
| 11008  | Artichokes, (globe or french), cooked, boiled, drained, without salt                            | 120        | 1 medium         | 0.228               |
| 18235  | Crackers, whole-wheat   | 16         | 4 crackers       | 0.226               |
| 08263  | Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS                                    | 30         | 3/4 cup          | 0.225               |
| 06449  | Soup, pea, green, canned, prepared with equal volume water                                      | 250        | 1 cup            | 0.225               |
| 19120  | Candies, milk chocolate   | 44         | 1 bar (1.55 oz)  | 0.224               |
| 18159  | Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched                   | 10         | 1 cookie         | 0.224               |
| 10011  | Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted                             | 85         | 3 oz             | 0.221               |
| 10153  | Pork, cured, ham, whole, separable lean only, roasted   | 85         | 3 oz             | 0.221               |
| 18005  | Bagels, cinnamon-raisin   | 71         | 3-1/2" bagel     | 0.220               |
| 11213  | Endive, raw   | 50         | 1 cup            | 0.220               |
| 11935  | Catsup  | 15         | 1 tbsp           | 0.219               |
| 08035  | Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS   | 30         | 3/4 cup          | 0.219               |
| 01164  | Cheese sauce, prepared from recipe  | 243        | 1 cup            | 0.219               |
| 16070  | Lentils, mature seeds, cooked, boiled, without salt   | 198        | 1 cup            | 0.218               |
| 18015  | Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked                            | 27         | 2-1/2" biscuit   | 0.213               |
| 09257  | Pears, canned, heavy syrup pack, solids and liquids   | 266        | 1 cup            | 0.213               |
| 10193  | Pork, fresh, backribs, separable lean and fat, cooked, roasted                                  | 85         | 3 oz             | 0.213               |
| 10185  | Pork, cured, ham, extra lean and regular, canned, roasted                                       | 85         | 3 oz             | 0.213               |
| 11110  | Cabbage, cooked, boiled, drained, without salt  | 150        | 1 cup            | 0.210               |
| 19047  | Snacks, pretzels, hard, plain, salted   | 60         | 10 pretzels      | 0.210               |
| 20029  | Couscous, cooked  | 157        | 1 cup            | 0.204               |
| 08013  | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS   | 30         | 1 cup            | 0.204               |
| 20044  | Rice, white, long-grain, regular, raw, enriched   | 185        | 1 cup            | 0.204               |
| 11457  | Spinach, raw  | 10         | 1 leaf           | 0.203               |
| 08064  | Cereals ready-to-eat, GENERAL MILLS, Rice CHEX  | 31         | 1-1/4 cup        | 0.202               |
| 09278  | Plantains, cooked   | 154        | 1 cup            | 0.200               |
| 09252  | Pears, raw  | 166        | 1 pear           | 0.199               |
| 07014  | Braunschweiger (a liver sausage), pork  | 56.7       | 2 slices         | 0.198               |
| 12155  | Nuts, walnuts, english  | 28.35      | 1 oz (14 halves) | 0.198               |
| 09254  | Pears, canned, juice pack, solids and liquids   | 248        | 1 cup            | 0.198               |
| 19095  | Ice creams, vanilla   | 66         | 1/2 cup          | 0.198               |
| 19270  | Ice creams, chocolate   | 66         | 1/2 cup          | 0.198               |
| 10051  | Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted           | 85         | 3 oz             | 0.196               |
| 08010  | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH  | 27         | 3/4 cup          | 0.194               |
| 08049  | Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain  | 32         | 3/4 cup          | 0.192               |

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| NDB_No | Description  | Weight (g) | Common Measure    | Content per Measure |
|--------|--|------------|-------------------|---------------------|
| 04058  | Oil, sesame, salad or cooking  | 13.6       | 1 tbsp            | 0.190               |
| 06164  | Sauce, salsa, ready-to-serve   | 16         | 1 tbsp            | 0.189               |
| 18259  | English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)                                      | 52         | 1 muffin          | 0.187               |
| 08121  | Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt | 234        | 1 cup             | 0.187               |
| 10009  | Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted   | 85         | 3 oz              | 0.187               |
| 10176  | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried                                      | 85         | 3 oz              | 0.187               |
| 08012  | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH  | 27         | 3/4 cup           | 0.186               |
| 08131  | Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water   | 155        | 1 packet          | 0.186               |
| 18255  | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)  | 13         | 1 hole            | 0.186               |
| 14316  | Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk  | 265        | 1 cup             | 0.186               |
| 11399  | Potato puffs, frozen, oven-heated  | 79         | 10 puffs          | 0.182               |
| 09291  | Plums, dried (prunes), uncooked  | 42         | 5 prunes          | 0.181               |
| 18041  | Bread, pita, white, enriched   | 60         | 6-1/2" pita       | 0.180               |
| 11632  | Peppers, jalapeno, canned, solids and liquids  | 26         | 1/4 cup           | 0.179               |
| 11174  | Corn, sweet, yellow, canned, cream style, regular pack   | 256        | 1 cup             | 0.179               |
| 13818  | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised                               | 85         | 3 oz              | 0.179               |
| 10047  | Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted                                     | 85         | 3 oz              | 0.179               |
| 18258  | English muffins, plain, enriched, with ca prop (includes sourdough)  | 57         | 1 muffin          | 0.177               |
| 01102  | Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D  | 250        | 1 cup             | 0.175               |
| 11672  | Potato pancakes  | 76         | 1 pancake         | 0.175               |
| 09298  | Raisins, seedless  | 145        | 1 cup             | 0.174               |
| 01037  | Cheese, ricotta, part skim milk  | 246        | 1 cup             | 0.172               |
| 09279  | Plums, raw   | 66         | 1 plum            | 0.172               |
| 01077  | Milk, whole, 3.25% milkfat, with added vitamin D   | 244        | 1 cup             | 0.171               |
| 10179  | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried                                   | 85         | 3 oz              | 0.170               |
| 09011  | Apples, dried, sulfured, uncooked  | 32         | 5 rings           | 0.170               |
| 08210  | Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE   | 32         | 3/4 cup           | 0.170               |
| 19218  | Puddings, tapioca, ready-to-eat  | 113        | 4 oz              | 0.170               |
| 09218  | Tangerines, (mandarin oranges), raw  | 84         | 1 tangerine       | 0.168               |
| 15067  | Fish, pollock, walleye, cooked, dry heat   | 60         | 1 fillet          | 0.168               |
| 08057  | Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX  | 30         | 3/4 cup           | 0.168               |
| 01012  | Cheese, cottage, creamed, large or small curd  | 210        | 1 cup             | 0.168               |
| 18215  | Crackers, cheese, sandwich-type with peanut butter filling   | 7          | 1 sandwich        | 0.166               |
| 20022  | Cornmeal, degermed, enriched, yellow   | 138        | 1 cup             | 0.166               |
| 07028  | Ham, sliced, extra lean  | 56.7       | 2 slices          | 0.164               |
| 08011  | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES  | 26         | 3/4 cup           | 0.164               |
| 04020  | Salad dressing, french dressing, reduced fat   | 16.3       | 1 tbsp            | 0.163               |
| 09060  | Carambola, (starfruit), raw  | 108        | 1 cup             | 0.162               |
| 12632  | Nuts, macadamia nuts, dry roasted, with salt added   | 28.35      | 1 oz (10-12 nuts) | 0.162               |
| 01058  | Sour dressing, non-butterfat, cultured, filled cream-type  | 12         | 1 tbsp            | 0.161               |
| 05028  | Chicken, liver, all classes, cooked, simmered  | 19.6       | 1 liver           | 0.161               |

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| NDB_No | Description   | Weight (g) | Common Measure   | Content per Measure |
|--------|---|------------|------------------|---------------------|
| 19135  | Candies, MARS SNACKFOOD US, MILKY WAY Bar   | 18         | 1 fun size bar   | 0.160               |
| 18243  | Croutons, seasoned  | 40         | 1 cup            | 0.160               |
| 18210  | Cookies, vanilla sandwich with creme filling  | 10         | 1 cookie         | 0.160               |
| 09112  | Grapefruit, raw, pink and red, all areas  | 123        | 1/2 grapefruit   | 0.160               |
| 14177  | Chocolate-flavor beverage mix, powder, prepared with whole milk   | 266        | 1 cup            | 0.160               |
| 01053  | Cream, fluid, heavy whipping  | 15         | 1 tbsp           | 0.159               |
| 12516  | Seeds, pumpkin and squash seed kernels, roasted, with salt added  | 28.35      | 1 oz (142 seeds) | 0.159               |
| 19013  | Snacks, fruit leather, pieces   | 28.35      | 1 oz             | 0.159               |
| 10131  | Pork, cured, canadian-style bacon, grilled  | 46.5       | 2 slices         | 0.158               |
| 18076  | Bread, whole-wheat, commercially prepared, toasted  | 25         | 1 slice          | 0.158               |
| 01111  | Milk shakes, thick vanilla  | 313        | 11 fl oz         | 0.157               |
| 18075  | Bread, whole-wheat, commercially prepared   | 28         | 1 slice          | 0.154               |
| 09116  | Grapefruit, raw, white, all areas   | 118        | 1/2 grapefruit   | 0.153               |
| 07017  | Chicken roll, light meat  | 56.7       | 2 slices         | 0.153               |
| 17014  | Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 85         | 3 oz             | 0.153               |
| 11117  | Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt  | 170        | 1 cup            | 0.153               |
| 17048  | Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised                  | 85         | 3 oz             | 0.153               |
| 04023  | Salad dressing, thousand island dressing, reduced fat   | 15.3       | 1 tbsp           | 0.153               |
| 20010  | Buckwheat groats, roasted, cooked   | 168        | 1 cup            | 0.151               |
| 19041  | Snacks, pork skins, plain   | 28.35      | 1 oz             | 0.150               |
| 09040  | Bananas, raw  | 150        | 1 cup            | 0.150               |
| 01110  | Milk shakes, thick chocolate  | 300        | 10.6 fl oz       | 0.150               |
| 07064  | Pork sausage, fresh, cooked   | 27         | 1 patty          | 0.149               |
| 09340  | Pears, asian, raw   | 122        | 1 pear           | 0.146               |
| 15138  | Crustaceans, crab, alaska king, imitation, made from surimi   | 85         | 3 oz             | 0.145               |
| 09326  | Watermelon, raw   | 286        | 1 wedge          | 0.143               |
| 07064  | Pork sausage, fresh, cooked   | 26         | 2 links          | 0.143               |
| 19109  | Candies, KIT KAT Wafer Bar  | 42         | 1 bar (1.5 oz)   | 0.143               |
| 05098  | Chicken, broilers or fryers, thigh, meat only, cooked, roasted  | 52         | 1 thigh          | 0.140               |
| 18090  | Cake, boston cream pie, commercially prepared   | 92         | 1 piece          | 0.138               |
| 09060  | Carambola, (starfruit), raw   | 91         | 1 fruit          | 0.137               |
| 01116  | Yogurt, plain, whole milk, 8 grams protein per 8 ounce  | 227        | 8-oz container   | 0.136               |
| 17027  | Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled                           | 85         | 3 oz             | 0.136               |
| 11641  | Squash, summer, all varieties, raw  | 113        | 1 cup            | 0.136               |
| 18228  | Crackers, saltines (includes oyster, soda, soup)  | 12         | 4 crackers       | 0.134               |
| 18102  | Cake, white, prepared from recipe with coconut frosting   | 112        | 1 piece          | 0.134               |
| 18044  | Bread, pumpnickel   | 32         | 1 slice          | 0.134               |
| 12201  | Seeds, sesame seed kernels, dried (decorticated)  | 8          | 1 tbsp           | 0.134               |
| 08125  | Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water                                | 149        | 1 packet         | 0.134               |
| 18045  | Bread, pumpnickel, toasted  | 29         | 1 slice          | 0.133               |
| 09094  | Figs, dried, uncooked   | 38         | 2 figs           | 0.133               |
| 18040  | Bread, oatmeal, toasted   | 25         | 1 slice          | 0.133               |
| 01052  | Cream, fluid, light whipping  | 15         | 1 tbsp           | 0.132               |
| 11144  | Celery, cooked, boiled, drained, without salt   | 37.5       | 1 stalk          | 0.131               |
| 06075  | Soup, beef broth or bouillon, powder, dry   | 6          | 1 packet         | 0.130               |
| 18039  | Bread, oatmeal  | 27         | 1 slice          | 0.130               |

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| NDB_No | Description  | Weight (g) | Common Measure | Content per Measure |
|--------|--|------------|----------------|---------------------|
| 11954  | Tomatillos, raw  | 34         | 1 medium       | 0.129               |
| 04134  | Salad dressing, home recipe, cooked  | 16         | 1 tbsp         | 0.128               |
| 13348  | Beef, cured, corned beef, canned   | 85.05      | 3 oz           | 0.128               |
| 17034  | Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted                               | 85         | 3 oz           | 0.128               |
| 17012  | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85         | 3 oz           | 0.128               |
| 17044  | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised                  | 85         | 3 oz           | 0.128               |
| 08071  | Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS  | 27         | 3/4 cup        | 0.127               |
| 06528  | Soup, chicken noodle, dry, mix, prepared with water  | 252.3      | 1 cup          | 0.126               |
| 16103  | Refried beans, canned, traditional style (includes USDA commodity)   | 252        | 1 cup          | 0.126               |
| 22247  | Macaroni and Cheese, canned entree   | 252        | 1 cup          | 0.126               |
| 07069  | Salami, cooked, beef and pork  | 56.7       | 2 slices       | 0.125               |
| 08123  | Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)                    | 177        | 1 packet       | 0.124               |
| 11253  | Lettuce, green leaf, raw   | 56         | 1 cup          | 0.123               |
| 01088  | Milk, buttermilk, fluid, cultured, lowfat  | 245        | 1 cup          | 0.123               |
| 01067  | Cream substitute, liquid, with hydrogenated vegetable oil and soy protein  | 15         | 1 tbsp         | 0.122               |
| 19069  | Candies, NESTLE, BUTTERFINGER Bar  | 7          | 1 fun size bar | 0.120               |
| 13382  | Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised                        | 85         | 3 oz           | 0.119               |
| 11114  | Cabbage, savoy, raw  | 70         | 1 cup          | 0.119               |
| 05073  | Chicken, broilers or fryers, drumstick, meat only, cooked, roasted   | 44         | 1 drumstick    | 0.119               |
| 09040  | Bananas, raw   | 118        | 1 banana       | 0.118               |
| 19014  | Snacks, fruit leather, rolls   | 21         | 1 large        | 0.118               |
| 08288  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal   | 30         | 3/4 cup        | 0.117               |
| 02029  | Spices, parsley, dried   | 1.3        | 1 tbsp         | 0.116               |
| 05172  | Turkey, all classes, giblets, cooked, simmered, some giblet fat  | 145        | 1 cup          | 0.116               |
| 11179  | Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt                                      | 164        | 1 cup          | 0.115               |
| 01031  | Cheese, neufchatel   | 28.35      | 1 oz           | 0.113               |
| 19078  | Baking chocolate, unsweetened, squares   | 28.35      | 1 square       | 0.113               |
| 07023  | Frankfurter, beef and pork   | 45         | 1 frank        | 0.113               |
| 19051  | Snacks, rice cakes, brown rice, plain  | 9          | 1 cake         | 0.112               |
| 17024  | Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled                           | 85         | 3 oz           | 0.111               |
| 11529  | Tomatoes, red, ripe, raw, year round average   | 20         | 1 slice        | 0.108               |
| 11143  | Celery, raw  | 40         | 1 stalk        | 0.108               |
| 12104  | Nuts, coconut meat, raw  | 45         | 1 piece        | 0.108               |
| 11138  | Cauliflower, frozen, cooked, boiled, drained, without salt   | 180        | 1 cup          | 0.108               |
| 13350  | Beef, cured, dried   | 28.35      | 1 oz           | 0.108               |
| 01040  | Cheese, swiss  | 28.35      | 1 oz           | 0.108               |
| 18060  | Bread, rye   | 32         | 1 slice        | 0.106               |
| 11109  | Cabbage, raw   | 70         | 1 cup          | 0.105               |
| 01029  | Cheese, mozzarella, part skim milk, low moisture   | 28.35      | 1 oz           | 0.105               |
| 18170  | Cookies, fig bars  | 16         | 1 cookie       | 0.104               |
| 18027  | Bread, egg   | 40         | 1/2" slice     | 0.104               |
| 11043  | Mung beans, mature seeds, sprouted, raw  | 104        | 1 cup          | 0.104               |
| 06150  | Sauce, barbecue  | 15.75      | 1 tbsp         | 0.104               |

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|--------|---|------------|-----------------|---------------------|
| 10205  | Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised  | 85         | 3 oz            | 0.102               |
| 21090  | Fast foods, cheeseburger; single, regular patty, with condiments  | 113        | 1 sandwich      | 0.102               |
| 18288  | Pancakes plain, frozen, ready-to-heat (includes buttermilk)   | 36         | 1 pancake       | 0.101               |
| 01103  | Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D                                       | 250        | 1 cup           | 0.100               |
| 09124  | Grapefruit juice, white, canned, sweetened  | 250        | 1 cup           | 0.100               |
| 09206  | Orange juice, raw   | 248        | 1 cup           | 0.099               |
| 18069  | Bread, white, commercially prepared (includes soft bread crumbs)  | 45         | 1 cup           | 0.099               |
| 07024  | Frankfurter, chicken  | 45         | 1 frank         | 0.099               |
| 11252  | Lettuce, iceberg (includes crisphead types), raw  | 55         | 1 cup           | 0.099               |
| 09126  | Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water                                     | 247        | 1 cup           | 0.099               |
| 09123  | Grapefruit juice, white, canned, unsweetened  | 247        | 1 cup           | 0.099               |
| 19002  | Snacks, beef jerky, chopped and formed  | 19.8       | 1 large piece   | 0.097               |
| 01044  | Cheese, pasteurized process, swiss, with di sodium phosphate  | 28.35      | 1 oz            | 0.096               |
| 18035  | Bread, Multi-Grain (includes whole-grain)   | 26         | 1 slice         | 0.096               |
| 18036  | Bread, Multi-Grain, toasted (includes whole-grain)  | 24         | 1 slice         | 0.096               |
| 08105  | Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt | 239        | 1 cup           | 0.096               |
| 09132  | Grapes, red or green (European type, such as Thompson seedless), raw  | 50         | 10 grapes       | 0.095               |
| 10038  | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled                                  | 85         | 3 oz            | 0.094               |
| 11529  | Tomatoes, red, ripe, raw, year round average  | 17         | 1 cherry tomato | 0.092               |
| 18360  | Taco shells, baked  | 13.3       | 1 medium        | 0.092               |
| 01015  | Cheese, cottage, lowfat, 2% milkfat   | 226        | 1 cup           | 0.090               |
| 01013  | Cheese, cottage, creamed, with fruit  | 226        | 1 cup           | 0.090               |
| 11205  | Cucumber, with peel, raw  | 301        | 1 large         | 0.090               |
| 05306  | Poultry food products, ground turkey, cooked  | 82         | 1 patty         | 0.090               |
| 07022  | Frankfurter, beef   | 45         | 1 frank         | 0.090               |
| 18001  | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)  | 89         | 4" bagel        | 0.089               |
| 09087  | Dates, deglet noor  | 178        | 1 cup           | 0.089               |
| 18232  | Crackers, wheat, regular  | 8          | 4 crackers      | 0.089               |
| 18139  | Cake, white, prepared from recipe without frosting  | 74         | 1 piece         | 0.089               |
| 18061  | Bread, rye, toasted   | 24         | 1 slice         | 0.089               |
| 18226  | Crackers, rye, wafers, plain  | 11         | 1 wafer         | 0.088               |
| 19404  | Snacks, granola bars, soft, uncoated, chocolate chip  | 28.35      | 1 bar           | 0.088               |
| 11935  | Catsup  | 6          | 1 packet        | 0.088               |
| 09150  | Lemons, raw, without peel   | 58         | 1 lemon         | 0.087               |
| 11945  | Pickle relish, sweet  | 15         | 1 tbsp          | 0.087               |
| 11445  | Seaweed, kelp, raw  | 10         | 2 tbsp          | 0.087               |
| 11044  | Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt   | 124        | 1 cup           | 0.087               |
| 11136  | Cauliflower, cooked, boiled, drained, without salt  | 124        | 1 cup           | 0.087               |
| 18220  | Crackers, melba toast, plain  | 20         | 4 pieces        | 0.086               |
| 10042  | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled                                     | 85         | 3 oz            | 0.085               |
| 17031  | Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted                                 | 85         | 3 oz            | 0.085               |
| 18041  | Bread, pita, white, enriched  | 28         | 4" pita         | 0.084               |
| 20121  | Spaghetti, cooked, enriched, without added salt   | 140        | 1 cup           | 0.084               |
| 20012  | Bulgur, dry   | 140        | 1 cup           | 0.084               |

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|--------|--|------------|-----------------|---------------------|
| 18151  | Cookies, brownies, commercially prepared   | 56         | 1 brownie       | 0.084               |
| 20100  | Macaroni, cooked, enriched   | 140        | 1 cup           | 0.084               |
| 11176  | Corn, sweet, yellow, canned, vacuum pack, regular pack                                   | 210        | 1 cup           | 0.084               |
| 11206  | Cucumber, peeled, raw  | 280        | 1 large         | 0.084               |
| 09160  | Lime juice, raw  | 38         | juice of 1 lime | 0.084               |
| 09284  | Plums, canned, purple, heavy syrup pack, solids and liquids                              | 46         | 1 plum          | 0.083               |
| 11943  | Pimento, canned  | 12         | 1 tbsp          | 0.083               |
| 09282  | Plums, canned, purple, juice pack, solids and liquids                                    | 46         | 1 plum          | 0.083               |
| 01050  | Cream, fluid, light (coffee cream or table cream)  | 15         | 1 tbsp          | 0.083               |
| 11291  | Onions, spring or scallions (includes tops and bulb), raw                                | 15         | 1 whole         | 0.083               |
| 01009  | Cheese, cheddar  | 28.35      | 1 oz            | 0.082               |
| 08050  | Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS  | 30         | 1 cup           | 0.081               |
| 11674  | Potato, baked, flesh and skin, without salt  | 202        | 1 potato        | 0.081               |
| 08014  | Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES                                  | 31         | 3/4 cup         | 0.081               |
| 11135  | Cauliflower, raw   | 100        | 1 cup           | 0.080               |
| 09181  | Melons, cantaloupe, raw  | 160        | 1 cup           | 0.080               |
| 14175  | Chocolate-flavor beverage mix for milk, powder, without added nutrients                  | 21.6       | 2-3 heaping tsp | 0.080               |
| 01007  | Cheese, camembert  | 38         | 1 wedge         | 0.080               |
| 19193  | Puddings, rice, ready-to-eat   | 113.4      | 4 oz            | 0.079               |
| 19088  | Ice creams, vanilla, light   | 66         | 1/2 cup         | 0.079               |
| 19293  | Frozen yogurts, vanilla, soft-serve  | 72         | 1/2 cup         | 0.079               |
| 18342  | Rolls, dinner, plain, commercially prepared (includes brown-and-serve)                   | 28         | 1 roll          | 0.078               |
| 06119  | Gravy, chicken, canned, ready-to-serve   | 59.5       | 1/4 cup         | 0.077               |
| 11112  | Cabbage, red, raw  | 70         | 1 cup           | 0.077               |
| 04002  | Lard   | 12.8       | 1 tbsp          | 0.077               |
| 01042  | Cheese, pasteurized process, american, with di sodium phosphate                          | 28.35      | 1 oz            | 0.077               |
| 09326  | Watermelon, raw  | 152        | 1 cup           | 0.076               |
| 16010  | Beans, baked, canned, with pork and sweet sauce  | 253        | 1 cup           | 0.076               |
| 05186  | Turkey, all classes, light meat, cooked, roasted   | 84         | 3 oz            | 0.076               |
| 08048  | Cereals ready-to-eat, GENERAL MILLS, KIX   | 30         | 1-1/3 cup       | 0.075               |
| 11297  | Parsley, raw   | 10         | 10 sprigs       | 0.075               |
| 20081  | Wheat flour, white, all-purpose, enriched, bleached                                      | 125        | 1 cup           | 0.075               |
| 14341  | Pineapple and orange juice drink, canned   | 250        | 8 fl oz         | 0.075               |
| 08019  | Cereals ready-to-eat, GENERAL MILLS, Corn CHEX   | 30         | 1 cup           | 0.075               |
| 18048  | Bread, raisin, toasted, enriched   | 24         | 1 slice         | 0.074               |
| 21108  | Fast foods, hamburger; single, regular patty; with condiments                            | 106        | 1 sandwich      | 0.074               |
| 09246  | Peaches, dried, sulfured, uncooked   | 39         | 3 halves        | 0.074               |
| 01030  | Cheese, muenster   | 28.35      | 1 oz            | 0.074               |
| 01079  | Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D                 | 244        | 1 cup           | 0.073               |
| 18047  | Bread, raisin, enriched  | 26         | 1 slice         | 0.073               |
| 18363  | Tortillas, ready-to-bake or -fry, corn   | 26         | 1 tortilla      | 0.073               |
| 11251  | Lettuce, cos or romaine, raw   | 56         | 1 cup           | 0.073               |
| 08091  | Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt | 242        | 1 cup           | 0.073               |
| 06423  | Soup, chicken with rice, canned, prepared with equal volume water                        | 241        | 1 cup           | 0.072               |
| 06419  | Soup, chicken noodle, canned, prepared with equal volume water                           | 241        | 1 cup           | 0.072               |

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

| NDB_No | Description   | Weight (g) | Common Measure         | Content per Measure |
|--------|---|------------|------------------------|---------------------|
| 18133  | Cake, sponge, commercially prepared   | 30         | 1 shortcake            | 0.072               |
| 18001  | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)                | 71         | 3-1/2" bagel           | 0.071               |
| 01004  | Cheese, blue  | 28.35      | 1 oz                   | 0.071               |
| 09152  | Lemon juice, raw  | 47         | juice of 1 lemon       | 0.071               |
| 11168  | Corn, sweet, yellow, cooked, boiled, drained, without salt                                      | 77         | 1 ear                  | 0.069               |
| 11901  | Corn, sweet, white, cooked, boiled, drained, without salt                                       | 77         | 1 ear                  | 0.069               |
| 01117  | Yogurt, plain, low fat, 12 grams protein per 8 ounce  | 227        | 8-oz container         | 0.068               |
| 11081  | Beets, cooked, boiled, drained  | 170        | 1 cup                  | 0.068               |
| 19150  | Candies, REESE'S Peanut Butter Cups   | 45         | 1 package (contains 2) | 0.068               |
| 01035  | Cheese, provolone   | 28.35      | 1 oz                   | 0.065               |
| 04022  | Salad dressing, russian dressing, low calorie   | 16.3       | 1 tbsp                 | 0.065               |
| 18178  | Cookies, oatmeal, commercially prepared, regular  | 25         | 1 cookie               | 0.065               |
| 18053  | Bread, reduced-calorie, rye   | 23         | 1 slice                | 0.064               |
| 20045  | Rice, white, long-grain, regular, cooked  | 158        | 1 cup                  | 0.063               |
| 20082  | Wheat flour, white, all-purpose, self-rising, enriched  | 125        | 1 cup                  | 0.063               |
| 11363  | Potatoes, baked, flesh, without salt  | 156        | 1 potato               | 0.062               |
| 01046  | Cheese food, pasteurized process, american, without di sodium phosphate                         | 28.35      | 1 oz                   | 0.062               |
| 14194  | Cocoa mix, powder, prepared with water  | 206        | 1 serving              | 0.062               |
| 18364  | Tortillas, ready-to-bake or -fry, flour   | 32         | 1 tortilla             | 0.061               |
| 09254  | Pears, canned, juice pack, solids and liquids   | 76         | 1 half                 | 0.061               |
| 09257  | Pears, canned, heavy syrup pack, solids and liquids   | 76         | 1 half                 | 0.061               |
| 10124  | Pork, cured, bacon, cooked, broiled, pan-fried or roasted                                       | 19         | 3 medium slices        | 0.059               |
| 16086  | Peas, split, mature seeds, cooked, boiled, without salt   | 196        | 1 cup                  | 0.059               |
| 20037  | Rice, brown, long-grain, cooked   | 195        | 1 cup                  | 0.059               |
| 11937  | Pickles, cucumber, dill or kosher dill  | 65         | 1 pickle               | 0.059               |
| 18033  | Bread, italian  | 20         | 1 slice                | 0.058               |
| 07065  | Pork and beef sausage, fresh, cooked  | 26         | 2 links                | 0.057               |
| 07072  | Salami, dry or hard, pork, beef   | 20         | 2 slices               | 0.056               |
| 20046  | Rice, white, long-grain, parboiled, enriched, dry   | 185        | 1 cup                  | 0.056               |
| 18055  | Bread, reduced-calorie, wheat   | 23         | 1 slice                | 0.055               |
| 18065  | Bread, wheat, toasted   | 23         | 1 slice                | 0.055               |
| 11391  | Potatoes, hashed brown, frozen, plain, prepared   | 29         | 1 patty                | 0.055               |
| 09004  | Apples, raw, without skin   | 110        | 1 cup                  | 0.055               |
| 18069  | Bread, white, commercially prepared (includes soft bread crumbs)                                | 25         | 1 slice                | 0.055               |
| 11403  | Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated | 50         | 10 strips              | 0.055               |
| 11061  | Beans, snap, green, frozen, cooked, boiled, drained without salt                                | 135        | 1 cup                  | 0.054               |
| 11732  | Beans, snap, yellow, frozen, cooked, boiled, drained, without salt                              | 135        | 1 cup                  | 0.054               |
| 01026  | Cheese, mozzarella, whole milk  | 28.35      | 1 oz                   | 0.054               |
| 14192  | Cocoa mix, powder   | 28.35      | 3 heaping tsp          | 0.054               |
| 01048  | Cheese spread, pasteurized process, american, without di sodium phosphate                       | 28.35      | 1 oz                   | 0.054               |
| 02010  | Spices, cinnamon, ground  | 2.3        | 1 tsp                  | 0.053               |
| 16033  | Beans, kidney, red, mature seeds, cooked, boiled, without salt                                  | 177        | 1 cup                  | 0.053               |
| 01056  | Cream, sour, cultured   | 12         | 1 tbsp                 | 0.053               |
| 18070  | Bread, white, commercially prepared, toasted  | 22         | 1 slice                | 0.053               |
| 09316  | Strawberries, raw   | 18         | 1 strawberry           | 0.052               |
| 16034  | Beans, kidney, red, mature seeds, canned  | 256        | 1 cup                  | 0.051               |
| 01019  | Cheese, feta  | 28.35      | 1 oz                   | 0.051               |



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| NDB_No | Description   | Weight (g) | Common Measure             | Content per Measure |
|--------|---|------------|----------------------------|---------------------|
| 01055  | Cream, sour, reduced fat, cultured  | 15         | 1 tbsp                     | 0.051               |
| 11084  | Beets, canned, drained solids   | 170        | 1 cup                      | 0.051               |
| 06094  | Soup, onion, dry, mix   | 39         | 1 packet                   | 0.051               |
| 16055  | Carob flour   | 8          | 1 tbsp                     | 0.050               |
| 11181  | Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt        | 63         | 1 ear                      | 0.050               |
| 08103  | Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt             | 251        | 1 cup                      | 0.050               |
| 09273  | Pineapple juice, canned, unsweetened, without added ascorbic acid                         | 250        | 1 cup                      | 0.050               |
| 01104  | Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D            | 250        | 1 cup                      | 0.050               |
| 01049  | Cream, fluid, half and half   | 15         | 1 tbsp                     | 0.050               |
| 19101  | Candies, fudge, chocolate, with nuts, prepared-from-recipe                                | 19         | 1 piece                    | 0.049               |
| 08164  | Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt | 242        | 1 cup                      | 0.048               |
| 07027  | Ham, chopped, not canned  | 21         | 2 slices                   | 0.048               |
| 11313  | Peas, green, frozen, cooked, boiled, drained, without salt                                | 160        | 1 cup                      | 0.048               |
| 09070  | Cherries, sweet, raw  | 68         | 10 cherries                | 0.048               |
| 18064  | Bread, wheat  | 25         | 1 slice                    | 0.048               |
| 11667  | Seaweed, spirulina, dried   | 0.93       | 1 tbsp                     | 0.047               |
| 19074  | Candies, caramels   | 10.1       | 1 piece                    | 0.046               |
| 18173  | Cookies, graham crackers, plain or honey (includes cinnamon)                              | 14         | 2 squares                  | 0.046               |
| 19076  | Candies, caramels, chocolate-flavor roll  | 7          | 1 piece                    | 0.046               |
| 01121  | Yogurt, fruit, low fat, 10 grams protein per 8 ounce                                      | 227        | 8-oz container             | 0.045               |
| 07029  | Ham, sliced, regular (approximately 11% fat)  | 56.7       | 2 slices                   | 0.045               |
| 18029  | Bread, french or vienna (includes sourdough)  | 25         | 1/2" slice                 | 0.045               |
| 06175  | Sauce, hoisin, ready-to-serve   | 16         | 1 tbsp                     | 0.045               |
| 18057  | Bread, reduced-calorie, white   | 23         | 1 slice                    | 0.044               |
| 19190  | Puddings, chocolate, dry mix, regular, prepared with 2% milk                              | 142        | 1/2 cup                    | 0.043               |
| 01017  | Cheese, cream   | 14.5       | 1 tbsp                     | 0.042               |
| 11657  | Potatoes, mashed, home-prepared, whole milk added   | 210        | 1 cup                      | 0.042               |
| 11283  | Onions, cooked, boiled, drained, without salt   | 210        | 1 cup                      | 0.042               |
| 08259  | Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX  | 29         | 1 cup                      | 0.041               |
| 18204  | Cookies, sugar, commercially prepared, regular (includes vanilla)                         | 15         | 1 cookie                   | 0.041               |
| 11056  | Beans, snap, green, canned, regular pack, drained solids                                  | 135        | 1 cup                      | 0.041               |
| 20005  | Barley, pearled, raw  | 200        | 1 cup                      | 0.040               |
| 08003  | Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS                                      | 30         | 1 cup                      | 0.039               |
| 01073  | Dessert topping, semi solid, frozen   | 4          | 1 tbsp                     | 0.038               |
| 11136  | Cauliflower, cooked, boiled, drained, without salt  | 54         | 3 flowerets                | 0.038               |
| 12166  | Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)         | 15         | 1 tbsp                     | 0.038               |
| 11333  | Peppers, sweet, green, raw  | 10         | 1 ring                     | 0.037               |
| 08020  | Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes                                      | 28         | 1 cup                      | 0.036               |
| 11206  | Cucumber, peeled, raw   | 119        | 1 cup                      | 0.036               |
| 07083  | Sausage, Vienna, canned, chicken, beef, pork  | 16         | 1 sausage                  | 0.035               |
| 18177  | Cookies, molasses   | 32         | 1 cookie, large (3-1/2" to | 0.035               |
| 09316  | Strawberries, raw   | 12         | 1 strawberry               | 0.035               |
| 09181  | Melons, cantaloupe, raw   | 69         | 1/8 melon                  | 0.035               |
| 09206  | Orange juice, raw   | 86         | juice from 1 orange        | 0.034               |
| 09184  | Melons, honeydew, raw   | 170        | 1 cup                      | 0.034               |
| 01072  | Dessert topping, pressurized  | 4          | 1 tbsp                     | 0.034               |

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| NDB_No | Description  | Weight (g) | Common Measure   | Content per Measure |
|--------|--|------------|------------------|---------------------|
| 19104  | Candies, fudge, vanilla with nuts  | 15         | 1 piece          | 0.033               |
| 08065  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES                     | 33         | 1-1/4 cup        | 0.033               |
| 09184  | Melons, honeydew, raw  | 160        | 1/8 melon        | 0.032               |
| 11282  | Onions, raw  | 160        | 1 cup            | 0.032               |
| 18206  | Cookies, sugar, refrigerated dough, baked                                  | 15         | 1 cookie         | 0.032               |
| 11565  | Turnips, cooked, boiled, drained, without salt                             | 156        | 1 cup            | 0.031               |
| 11205  | Cucumber, with peel, raw   | 104        | 1 cup            | 0.031               |
| 09266  | Pineapple, raw, all varieties  | 155        | 1 cup            | 0.031               |
| 21028  | Fast foods, vanilla, light, soft-serve ice cream, with cone                | 103        | 1 cone           | 0.031               |
| 19100  | Candies, fudge, chocolate, prepared-from-recipe                            | 17         | 1 piece          | 0.031               |
| 18350  | Rolls, hamburger or hotdog, plain  | 43         | 1 roll           | 0.030               |
| 04021  | Salad dressing, italian dressing, reduced fat                              | 15         | 1 tbsp           | 0.030               |
| 08030  | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS                       | 30         | 1 cup            | 0.030               |
| 06125  | Gravy, turkey, canned, ready-to-serve                                      | 59.6       | 1/4 cup          | 0.030               |
| 19312  | Pie fillings, apple, canned  | 74         | 1/8 of 21-oz can | 0.030               |
| 19127  | Candies, milk chocolate coated raisins                                     | 10         | 10 pieces        | 0.029               |
| 18155  | Cookies, butter, commercially prepared, enriched                           | 5          | 1 cookie         | 0.029               |
| 19036  | Snacks, popcorn, cakes   | 10         | 1 cake           | 0.029               |
| 14017  | Alcoholic beverage, pina colada, prepared-from-recipe                      | 141        | 4.5 fl oz        | 0.028               |
| 08069  | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES                    | 31         | 3/4 cup          | 0.028               |
| 20084  | Wheat flour, white, cake, enriched   | 137        | 1 cup            | 0.027               |
| 18192  | Cookies, shortbread, commercially prepared, plain                          | 8          | 1 cookie         | 0.026               |
| 09270  | Pineapple, canned, heavy syrup pack, solids and liquids                    | 254        | 1 cup            | 0.025               |
| 19141  | Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies                   | 7          | 10 pieces        | 0.025               |
| 14334  | Pineapple and grapefruit juice drink, canned                               | 250        | 8 fl oz          | 0.025               |
| 09268  | Pineapple, canned, juice pack, solids and liquids                          | 249        | 1 cup            | 0.025               |
| 14267  | Fruit punch drink, with added nutrients, canned                            | 248        | 8 fl oz          | 0.025               |
| 09016  | Apple juice, canned or bottled, unsweetened, without added ascorbic acid   | 248        | 1 cup            | 0.025               |
| 14293  | Lemonade, frozen concentrate, white, prepared with water                   | 248        | 8 fl oz          | 0.025               |
| 06494  | Soup, onion, dry, mix, prepared with water                                 | 246        | 1 cup            | 0.025               |
| 01085  | Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim) | 245        | 1 cup            | 0.025               |
| 01082  | Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D        | 244        | 1 cup            | 0.024               |
| 19297  | Jams and preserves   | 20         | 1 tbsp           | 0.024               |
| 11364  | Potatoes, baked, skin, without salt  | 58         | 1 skin           | 0.023               |
| 19034  | Snacks, popcorn, air-popped  | 8          | 1 cup            | 0.023               |
| 09153  | Lemon juice, canned or bottled   | 15.2       | 1 tbsp           | 0.023               |
| 18079  | Bread crumbs, dry, grated, plain   | 28.35      | 1 oz             | 0.023               |
| 01016  | Cheese, cottage, lowfat, 1% milkfat  | 226        | 1 cup            | 0.023               |
| 19103  | Candies, fudge, vanilla, prepared-from-recipe                              | 16         | 1 piece          | 0.022               |
| 11282  | Onions, raw  | 110        | 1 whole          | 0.022               |
| 11253  | Lettuce, green leaf, raw   | 10         | 1 leaf           | 0.022               |
| 02030  | Spices, pepper, black  | 2.1        | 1 tsp            | 0.022               |
| 02007  | Spices, celery seed  | 2          | 1 tsp            | 0.021               |
| 09087  | Dates, deglet noor   | 41.5       | 5 dates          | 0.021               |
| 11081  | Beets, cooked, boiled, drained   | 50         | 1 beet           | 0.020               |
| 01054  | Cream, whipped, cream topping, pressurized                                 | 3          | 1 tbsp           | 0.019               |
| 11283  | Onions, cooked, boiled, drained, without salt                              | 94         | 1 medium         | 0.019               |

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| NDB_No | Description   | Weight (g) | Common Measure    | Content per Measure |
|--------|---|------------|-------------------|---------------------|
| 02020  | Spices, garlic powder   | 2.8        | 1 tsp             | 0.019               |
| 08068  | Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS  | 31         | 1 cup             | 0.019               |
| 09161  | Lime juice, canned or bottled, unsweetened  | 15.4       | 1 tbsp            | 0.018               |
| 16038  | Beans, navy, mature seeds, cooked, boiled, without salt   | 182        | 1 cup             | 0.018               |
| 20013  | Bulgur, cooked  | 182        | 1 cup             | 0.018               |
| 01071  | Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk   | 4          | 1 tbsp            | 0.018               |
| 02046  | Mustard, prepared, yellow   | 5          | 1 tsp or 1 packet | 0.018               |
| 14010  | Alcoholic beverage, daiquiri, prepared-from-recipe  | 60         | 2 fl oz           | 0.018               |
| 14209  | Coffee, brewed from grounds, prepared with tap water  | 178        | 6 fl oz           | 0.018               |
| 18456  | Cookies, oatmeal, commercially prepared, fat-free   | 11         | 1 cookie          | 0.018               |
| 20047  | Rice, white, long-grain, parboiled, enriched, cooked  | 175        | 1 cup             | 0.018               |
| 18217  | Crackers, matzo, plain  | 28.35      | 1 matzo           | 0.017               |
| 01168  | Cheese, low fat, cheddar or colby   | 28.35      | 1 oz              | 0.017               |
| 09298  | Raisins, seedless   | 14         | 1 packet          | 0.017               |
| 20049  | Rice, white, long-grain, precooked or instant, enriched, prepared                                       | 165        | 1 cup             | 0.017               |
| 19156  | Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits                                      | 5          | 1 piece           | 0.017               |
| 18177  | Cookies, molasses   | 15         | 1 cookie, medium  | 0.017               |
| 20006  | Barley, pearled, cooked   | 157        | 1 cup             | 0.016               |
| 11261  | Mushrooms, white, cooked, boiled, drained, without salt   | 156        | 1 cup             | 0.016               |
| 11264  | Mushrooms, canned, drained solids   | 156        | 1 cup             | 0.016               |
| 11370  | Potatoes, hashed brown, home-prepared   | 156        | 1 cup             | 0.016               |
| 11367  | Potatoes, boiled, cooked without skin, flesh, without salt  | 156        | 1 cup             | 0.016               |
| 18230  | Crackers, standard snack-type, sandwich, with cheese filling  | 7          | 1 sandwich        | 0.015               |
| 18013  | Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked                                     | 21         | 2-1/4" biscuit    | 0.015               |
| 01014  | Cheese, cottage, nonfat, uncreamed, dry, large or small curd  | 145        | 1 cup             | 0.015               |
| 11252  | Lettuce, iceberg (includes crisphead types), raw  | 8          | 1 medium          | 0.014               |
| 08093  | Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt | 137        | 1 packet          | 0.014               |
| 11365  | Potatoes, boiled, cooked in skin, flesh, without salt   | 136        | 1 potato          | 0.014               |
| 11367  | Potatoes, boiled, cooked without skin, flesh, without salt  | 135        | 1 potato          | 0.014               |
| 11250  | Lettuce, butterhead (includes boston and bibb types), raw   | 7.5        | 1 medium leaf     | 0.014               |
| 11251  | Lettuce, cos or romaine, raw  | 10         | 1 leaf            | 0.013               |
| 14309  | Malted drink mix, natural, with added nutrients, powder   | 21         | 4-5 heaping tsp   | 0.013               |
| 01032  | Cheese, parmesan, grated  | 5          | 1 tbsp            | 0.013               |
| 16127  | Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)                               | 120        | 1 piece           | 0.012               |
| 01069  | Cream substitute, powdered  | 2          | 1 tsp             | 0.012               |
| 06116  | Gravy, beef, canned, ready-to-serve   | 58.25      | 1/4 cup           | 0.012               |
| 11135  | Cauliflower, raw  | 13         | 1 floweret        | 0.010               |
| 18212  | Cookies, vanilla wafers, lower fat  | 4          | 1 cookie          | 0.009               |
| 11284  | Onions, dehydrated flakes   | 5          | 1 tbsp            | 0.009               |
| 19294  | Fruit butters, apple  | 17         | 1 tbsp            | 0.009               |
| 16126  | Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)                               | 81         | 1/4 block         | 0.008               |
| 19097  | Sherbet, orange   | 74         | 1/2 cup           | 0.007               |
| 11084  | Beets, canned, drained solids   | 24         | 1 beet            | 0.007               |
| 11260  | Mushrooms, white, raw   | 70         | 1 cup             | 0.007               |
| 16112  | Miso  | 68.75      | 1 cup             | 0.007               |
| 11001  | Alfalfa seeds, sprouted, raw  | 33         | 1 cup             | 0.007               |
| 01094  | Milk, buttermilk, dried   | 6.5        | 1 tbsp            | 0.007               |

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| NDB_No | Description   | Weight (g) | Common Measure  | Content per Measure |
|--------|---|------------|-----------------|---------------------|
| 14315  | Malted drink mix, chocolate, with added nutrients, powder                                       | 21         | 3 heaping tsp   | 0.006               |
| 11156  | Chives, raw   | 3          | 1 tbsp          | 0.006               |
| 18214  | Crackers, cheese, regular   | 10         | 10 crackers     | 0.006               |
| 14196  | Cocoa mix, no sugar added, powder   | 15         | 1/2 oz envelope | 0.006               |
| 14210  | Coffee, brewed, espresso, restaurant-prepared   | 60         | 2 fl oz         | 0.006               |
| 02026  | Spices, onion powder  | 2.1        | 1 tsp           | 0.006               |
| 06168  | Sauce, ready-to-serve, pepper or hot  | 4.7        | 1 tsp           | 0.006               |
| 19165  | Cocoa, dry powder, unsweetened  | 5.4        | 1 tbsp          | 0.005               |
| 18088  | Cake, angelfood, dry mix, prepared  | 50         | 1 piece         | 0.005               |
| 09270  | Pineapple, canned, heavy syrup pack, solids and liquids   | 49         | 1 slice         | 0.005               |
| 09268  | Pineapple, canned, juice pack, solids and liquids   | 47         | 1 slice         | 0.005               |
| 14181  | Chocolate syrup   | 18.75      | 1 tbsp          | 0.004               |
| 01186  | Cheese, cream, fat free   | 15.6       | 1 tbsp          | 0.003               |
| 18451  | Cake, pound, commercially prepared, fat-free  | 28         | 1 slice         | 0.003               |
| 11282  | Onions, raw   | 14         | 1 slice         | 0.003               |
| 11215  | Garlic, raw   | 3          | 1 clove         | 0.002               |
| 01092  | Milk, dry, nonfat, instant, with added vitamin A and vitamin D                                  | 23         | 1/3 cup         | 0.002               |
| 02055  | Horseradish, prepared   | 5          | 1 tsp           | 0.001               |
| 11955  | Tomatoes, sun-dried   | 2          | 1 piece         | 0.000               |
| 14390  | Cocoa mix, with aspartame, powder, prepared with water  | 192        | 1 serving       | 0.000               |
| 14429  | Water, tap, municipal   | 237        | 8 fl oz         | 0.000               |
| 09137  | Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid | 250        | 1 cup           | 0.000               |
| 09136  | Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid                   | 216        | 6-fl-oz can     | 0.000               |
| 09135  | Grape juice, canned or bottled, unsweetened, without added ascorbic acid                        | 253        | 1 cup           | 0.000               |
| 14416  | Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine        | 355        | 12 fl oz        | 0.000               |
| 14414  | Alcoholic beverage, liqueur, coffee, 53 proof   | 52         | 1.5 fl oz       | 0.000               |
| 19350  | Syrups, corn, light   | 20         | 1 tbsp          | 0.000               |
| 19107  | Candies, hard   | 6          | 1 piece         | 0.000               |
| 14400  | Carbonated beverage, cola, contains caffeine  | 370        | 12 fl oz        | 0.000               |
| 35142  | Frybread, made with lard (Navajo)   | 90         | 5" bread        | 0.000               |
| 19106  | Candies, gumdrops, starch jelly pieces  | 74         | 10 worms        | 0.000               |
| 14006  | Alcoholic beverage, beer, light   | 354        | 12 fl oz        | 0.000               |
| 14143  | Carbonated beverage, low calorie, other than cola or pepper, without caffeine                   | 355        | 12 fl oz        | 0.000               |
| 06112  | Sauce, teriyaki, ready-to-serve   | 18         | 1 tbsp          | 0.000               |
| 19353  | Syrups, maple   | 20         | 1 tbsp          | 0.000               |
| 11269  | Mushrooms, shiitake, cooked, without salt   | 145        | 1 cup           | 0.000               |
| 14381  | Tea, herb, other than chamomile, brewed   | 178        | 6 fl oz         | 0.000               |
| 19106  | Candies, gumdrops, starch jelly pieces  | 22         | 10 bears        | 0.000               |
| 19335  | Sugars, granulated  | 4.2        | 1 tsp           | 0.000               |
| 18369  | Leavening agents, baking powder, double-acting, sodium aluminum sulfate                         | 4.6        | 1 tsp           | 0.000               |
| 19300  | Jellies   | 19         | 1 tbsp          | 0.000               |
| 11268  | Mushrooms, shiitake, dried  | 3.6        | 1 mushroom      | 0.000               |
| 16123  | Soy sauce made from soy and wheat (shoyu)   | 16         | 1 tbsp          | 0.000               |
| 19334  | Sugars, brown   | 3.2        | 1 tsp           | 0.000               |
| 14037  | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof                          | 42         | 1.5 fl oz       | 0.000               |
| 11429  | Radishes, raw   | 4.5        | 1 radish        | 0.000               |

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

| NDB_No | Description   | Weight (g) | Common Measure    | Content per Measure |
|--------|---|------------|-------------------|---------------------|
| 19336  | Sugars, powdered  | 8          | 1 tbsp            | 0.000               |
| 14096  | Alcoholic beverage, wine, table, red  | 103        | 3.5 fl oz         | 0.000               |
| 14136  | Carbonated beverage, ginger ale   | 366        | 12 fl oz          | 0.000               |
| 14106  | Alcoholic beverage, wine, table, white  | 103        | 3.5 fl oz         | 0.000               |
| 14551  | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof                            | 42         | 1.5 fl oz         | 0.000               |
| 14550  | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof                            | 42         | 1.5 fl oz         | 0.000               |
| 14545  | Tea, herb, chamomile, brewed  | 178        | 6 fl oz           | 0.000               |
| 14121  | Carbonated beverage, club soda  | 355        | 12 fl oz          | 0.000               |
| 14536  | Alcoholic beverage, wine, dessert, dry  | 103        | 3.5 fl oz         | 0.000               |
| 35142  | Frybread, made with lard (Navajo)   | 160        | 10-1/2" bread     | 0.000               |
| 14367  | Tea, instant, unsweetened, powder, prepared   | 237        | 8 fl oz           | 0.000               |
| 14057  | Alcoholic beverage, wine, dessert, sweet  | 103        | 3.5 fl oz         | 0.000               |
| 19176  | Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water                   | 117        | 1/2 cup           | 0.000               |
| 14376  | Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared                           | 237        | 8 fl oz           | 0.000               |
| 18375  | Leavening agents, yeast, baker's, active dry  | 4          | 1 tsp             | 0.000               |
| 18371  | Leavening agents, baking powder, low-sodium   | 5          | 1 tsp             | 0.000               |
| 19116  | Candies, marshmallows   | 50         | 1 cup             | 0.000               |
| 20068  | Tapioca, pearl, dry   | 152        | 1 cup             | 0.000               |
| 18375  | Leavening agents, yeast, baker's, active dry  | 7          | 1 pkg             | 0.000               |
| 18374  | Leavening agents, yeast, baker's, compressed  | 17         | 1 cake            | 0.000               |
| 14277  | Grape drink, canned   | 250        | 8 fl oz           | 0.000               |
| 19128  | Syrups, table blends, pancake, reduced-calorie  | 15         | 1 tbsp            | 0.000               |
| 18197  | Cookies, brownies, dry mix, special dietary, prepared   | 22         | 1 brownie         | 0.000               |
| 19129  | Syrups, table blends, pancake   | 20         | 1 tbsp            | 0.000               |
| 19173  | Gelatin desserts, dry mix, prepared with water  | 135        | 1/2 cup           | 0.000               |
| 02050  | Vanilla extract   | 4.2        | 1 tsp             | 0.000               |
| 02048  | Vinegar, cider  | 15         | 1 tbsp            | 0.000               |
| 18373  | Leavening agents, cream of tartar   | 3          | 1 tsp             | 0.000               |
| 02047  | Salt, table   | 6          | 1 tsp             | 0.000               |
| 20027  | Cornstarch  | 8.064      | 1 tbsp            | 0.000               |
| 07008  | Bologna, beef and pork  | 56.7       | 2 slices          | 0.000               |
| 14215  | Coffee, instant, regular, prepared with water   | 179        | 6 fl oz           | 0.000               |
| 14157  | Carbonated beverage, root beer  | 370        | 12 fl oz          | 0.000               |
| 18372  | Leavening agents, baking soda   | 4.6        | 1 tsp             | 0.000               |
| 14003  | Alcoholic beverage, beer, regular, all  | 355        | 12 fl oz          | 0.000               |
| 14355  | Tea, brewed, prepared with tap water  | 178        | 6 fl oz           | 0.000               |
| 14145  | Carbonated beverage, SPRITE, lemon-lime, without caffeine   | 368        | 12 fl oz          | 0.000               |
| 19283  | Frozen novelties, ice type, pop   | 59         | 1 bar (2 fl oz)   | 0.000               |
| 19263  | Frozen novelties, fruit and juice bars  | 77         | 1 bar (2.5 fl oz) | 0.000               |
| 19106  | Candies, gumdrops, starch jelly pieces  | 4.2        | 1 medium          | 0.000               |
| 01124  | Egg, white, raw, fresh  | 33.4       | 1 large           | 0.000               |
| 19107  | Candies, hard   | 3          | 1 small piece     | 0.000               |
| 14371  | Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared | 259        | 8 fl oz           | 0.000               |
| 14297  | Lemonade-flavor drink, powder, prepared with water  | 266        | 8 fl oz           | 0.000               |
| 08147  | Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free                                 | 46         | 2 biscuits        | 0.000               |
| 18370  | Leavening agents, baking powder, double-acting, straight phosphate                                | 4.6        | 1 tsp             | 0.000               |

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

| <b>NDB_No</b> | <b>Description</b>  | <b>Weight (g)</b> | <b>Common Measure</b> | <b>Content per Measure</b> |
|---------------|---|-------------------|-----------------------|----------------------------|
| 19296         | Honey   | 21                | 1 tbsp                | 0.000                      |
| 19108         | Candies, jellybeans   | 28.35             | 10 large              | 0.000                      |
| 01118         | Yogurt, plain, skim milk, 13 grams protein per 8 ounce                  | 227               | 8-oz container        | 0.000                      |
| 08319         | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size | 55                | 1 cup                 | 0.000                      |
| 14290         | Lemonade, low calorie, with aspartame, powder, prepared with water      | 237               | 8 fl oz               | 0.000                      |
| 01097         | Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D    | 256               | 1 cup                 | 0.000                      |