

Healthy Ideas

Sunflower Seeds— Best Source of Vitamin E

(NAPSA)—Here's a bright thought: Sunflower seeds are considered the best whole food source of vitamin E—a nutrient the 2005 U.S. Dietary Guidelines identify as lacking in American diets.



Sunflower seeds are packed with vitamin E, folate and fiber.

For the first time, the Dietary Guidelines focus on eating nutrient-dense foods not only to reduce the risk of chronic disease, but also to improve the health of Americans. Vitamin E, which is hard to get from foods, is thought to boost immune function and improve short-term memory while preventing heart disease, Alzheimer's and dementia.

USDA data shows a one-ounce serving of sunflower seeds provides 84 percent of the Daily Value for vitamin E. The seeds are also rich in fiber, which can reduce the risk of cardiovascular disease and diabetes. Sunflower seeds are packed with many other nutrients including unsaturated fat, protein, magnesium, folate, selenium, phosphorus, copper and zinc. For more information and recipes, visit www.sunflowernsa.com.