



# Food For Thought

TIPS ON NUTRITION & HEALTH



## Vitamin E Is Essential!

(NAPSA)—Many people don't realize vitamin E is essential. The body does not produce vitamin E, so it must be obtained from the diet or supplements if it is not consumed in adequate amounts from food. Clinical studies show that vitamin E supports heart, immune system and eye health, yet more than one-third of adults

don't get enough vitamin E from their daily diets. In fact, the Institute of Medicine cautions that many popular low-fat diets can significantly decrease vitamin E intake.



Lynn Laboranti, M.S., R.D.  
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Here are some tips from Lynn Laboranti, M.S., R.D., professional education specialist for Nature Made vitamins, on how to add vitamin E to your diet:

- **Think green.** Green leafy vegetables like spinach and broccoli are good sources of vitamin E. Wheat germ and vegetable oils are other options. But, in order to reach the Dietary Resource Intake (DRI) of 15 milligrams of vitamin

E per day, you'd have to eat about 25 cups of raw spinach or eight tablespoons of vegetable oil!

- **Go nuts.** Not only do nuts provide vitamin E, they also contain protein and fiber to help you feel full, which may reduce your chances of overeating. Since nuts are high in calories, Laboranti suggests only a handful each day.

- **Supplement city.** When it's difficult to get enough vitamin E from food, Laboranti recommends a vitamin E supplement. Vitamin E is sold alone or it's included in a multivitamin. Before taking any vitamin or supplement, be sure to review the product label for precautions and dosage information. If you are currently taking any blood-thinning medications, talk to your preferred health care provider before supplementing with vitamin E.

To E or not to E? There is a lot of scientific evidence that vitamin E is safe and beneficial:

- **Safety in numbers.** Fourteen leading safety and antioxidant experts reviewed the available scientific literature on vitamin E and concluded it appeared safe for most people to take up to 1,000 IU daily. The scientists' findings

were published in *The American Journal of Clinical Nutrition*.

- **Seeing is believing.** New research indicates that taking vitamin E promotes eye health and can help reduce the risk of developing age-related conditions.

- **The heart of the matter.** The Women's Health Study (WHS), the largest, long-term, randomized vitamin E trial ever conducted, revealed vitamin E significantly reduced the *risk of death* from major cardiovascular events (e.g., heart attack or stroke) by 24 percent. A 10-year study of nearly 40,000 healthy women, WHS also showed that for women age 65+, vitamin E's effect was even greater: a 49 percent decrease in the risk of cardiovascular death and a 34 percent reduction in heart attacks. The researchers did conclude, however, that there was no reduction in actual major cardiovascular events like heart attacks or strokes.

Laboranti also suggests you purchase vitamin E supplements from a trusted company, follow label directions and discuss supplement use with your health care provider. For more information, visit the Wellness Advisor at [www.NatureMade.com](http://www.NatureMade.com).