

Happy 80th Birthday, Vitamin E!

(NAPSA)—Vitamin E was discovered by Dr. Herbert Evans in 1922. Today, Evans' discovery is known as an important antioxidant and a cellular super hero of sorts.

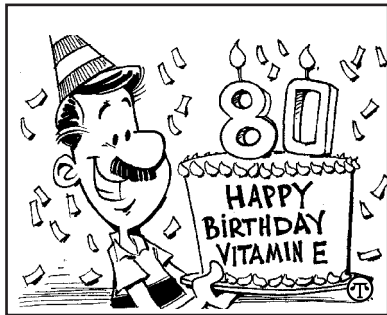
The National Academy of Sciences now recommends adults get 15 milligrams of only the alpha-tocopherol form of vitamin E daily, and emphasizes getting it from natural sources. Alpha-tocopherol is the form of vitamin E that the body prefers and uses best. Though 15 milligrams doesn't sound like a lot, most Americans are getting only about half that amount.

A new analysis from Tufts University shows sobering facts on how Americans currently get what little vitamin E they do get—from foods that are not rich in E such as white bread, cookies and cake.

Of the many whole food sources containing alpha-tocopherol vitamin E, almonds lead the pack by far—more than any other nut and more than other foods. An ounce of almonds gives you 7.4 milligrams of alpha-tocopherol, meaning just a handful of almonds provides half the daily recommendation, plus protein, dietary fiber, unsaturated fat, calcium and more.

“Almonds are a true power food,” says registered dietitian Elizabeth Ward. “For the same number of calories per serving for foods like pretzels or potato chips, almonds clearly deliver much more nutrition bang for the same buck.”

If you are looking for an easy and delicious way to get your E, try snacking on this recipe created by the world-renowned television chef and cookbook author Graham



E TURNS 80—Most Americans get only about half their daily vitamin E need. Just a handful of almonds fills the gap.

Kerr. It's great as is, or added into cereal, muffins, salad or yogurt.

Almond and Fruit Mix Makes 2 cups

1 cup slivered almonds
¼ cup each:
 dried cranberries
 dried tart cherries
 green pumpkin seeds
 cracked flax seeds (pulsed in blender)

Combine all the ingredients and store refrigerated in an airtight jar for up to one month.

Per Serving (2 tablespoons): 88 calories; 6 g. fat; 1 g. saturated fat; 6 g. carbohydrates; 2 mg. sodium; 2 g. dietary fiber.

For more information about vitamin E, including a quiz to see how much you're eating now and tips on food choices, visit www.GetYourE.org. And for almond recipes and information, visit www.AlmondsAreIn.com.