

# Vitamin E

## Information for parents and carers

Children with medical conditions or poor dietary intake can sometimes develop low vitamins and minerals levels. Whilst in many instances this can be managed with medication, it is also beneficial to ensure good dietary sources as well.

Your child has a low level of Vitamin E. The following contains some information on food sources to help improve this.

Vitamin E is an antioxidant and helps to maintain healthy skin and strengthen the body's immune system (the body's natural defence against illness and infection).





### Best food sources:

- Oils such as soya, corn and olive
- Nuts and seeds
- Some cereal products, e.g. bread and pasta
- Egg especially the yolk
- Animal fats and meat
- Breakfast cereals e.g. Cheerios, Shreddies, Shredded Wheat, Weetabix
- Fruit and vegetables also contain small amounts.

**What did you think of your care?** Visit [bit.ly/nhsleedsfft](https://bit.ly/nhsleedsfft)  
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