

---

here is a list of vitamin e containing foods. you will note that some cereals are stuffed with vitamin e. please avoid them, almonds are one food with a significant amount of vitamin e so also avoid almonds and almond oil.

The antioxidants butylated hydroxytoluene and butylated hydroxyanisole may also be a problem. They are commonly added in the US to bubble gum, chewing gum, shortening, and cold cereals, breads, crackers and oily snack foods such as wheat thins and potato chips. it is annoying but it will help to read the ingredient labels.

Fresh foods such as fruits and vegetables and cereals such as oatmeal are fine.

<http://nutritiondata.self.com/foods-00810300000000000000-w.html?maxCount=101>