



Vitamin E



Vitamin E protects your body against damage from air pollution. It helps the body fight sickness and helps skin and hair stay healthy.



Eat these foods to get your vitamin E:

Nuts, Oils, Avocados and cooked Spinach



Tulare County Office of Education
Jim Vidak, County Superintendent of Schools



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips. •California Department of Public Health