

CONTENTS

1. Vitamin E: Chemistry and Biochemistry	1
2. Nutrition and Health Implications of Vitamin E	39
3. Oxidation and the Role of Vitamin E as an Antioxidant in Foods	89
4. Dietary Vitamin E Supplementation for Improvement of Oxidative Stability of Muscle Foods, Milk, and Eggs	136
5. Stability of Vitamin E During food Processing	231
6. Effects of Food Preparation and Storage on the Vitamin E Content of Food	285
7. Analysis of Tocopherols and Tocotrienols in Foods	323
8. Food Composition-Vitamin E	425
Index	507