

Vitamin K Content of Foods

High Vitamin K foods (more than 100 mcg)

Food	Serving	mcg	Food	Serving	mcg
Asparagus, frozen	1 cup	144	Greens, turnip, cooked	1/2 cup	265
Broccoli, cooked	1/2 cup	110	Greens, turnip, frozen	1/2 cup	425
Broccoli, frozen	1 cup	162	Kale, cooked	1/2 cup	246
Brussels sprouts, frozen	1/2 cup	150	Onions, green or scallion	1/2 cup	103
Endive, raw	1 cup	116	Parsley, raw	2 Tbsps.	123
Greens, beet, cooked	1/2 cup	350	Spinach	1/2 cup	444
Greens, collard	1/2 cup	386	Spinach, raw	1 cup	145
Greens, collard, frozen	1/2 cup	530	Swiss chard	1/2 cup	287
Greens, mustard, frozen	1/2 cup	250			

Moderate Vitamin K foods (25-100mcg)

Food	Serving	mcg	Food	Serving	mcg
Asparagus, cooked	1/2 cup	46	Lettuce, green leaf	1 cup	46
Cabbage, coleslaw, fast food	1/2 cup	68	Lettuce, romaine	1 cup	48
Cabbage, green, savoy, red	1/2 cup	27-82	Noodles, spinach	1/2 cup	81
Dried peas, black-eyed, frozen	1/2 cup	32	Okra, frozen	1/2 cup	44

Kale, raw, loosely packed	1 cup	81	Oil, soybean	1 tbsp.	25
Kiwi fruit	1 medium	36	Prunes, dried	½ cup	52
Pomegranate juice	1 cup	26	Watercress, raw	1 cup	85

Low Vitamin K Foods (less than 25 mcg)

Food	Serving	mcg	Food	Serving	mcg
Artichoke	1 medium	18	Oil, olive	1 tbsp.	8
Avocado, raw	1/2 cup	16	Oil, canola	1 tbsp.	10
Beans, green or yellow	1/2 cup	16	Parsley, dried	1 tbsp.	20
Blackberries or blueberries	1/2 cup	14	Pear	1 medium	8
Carrots and carrot juice	1/2 cup	9-18	Peas, green	1/2 cup	24
Cauliflower	1/2 cup	9	Pickles, dill or kosher, spears	1 spear	6
Celery, raw	1/2 cup	15	Salad dressings	1 tbsp.	0-6
Crackers, all types	5 crackers or ½ oz.	12	Sauerkraut, canned	1/2 cup	9
Cucumber, with peel	1/2 cup	9	Soy beans, cooked	1/2 cup	17
Grapes	1/2 cup	12	Soy milk	1 cup	7
Lettuce, iceberg, shredded	1 cup	17	Tomato, raw, cherry	1 cup	12
Mango, sliced	1 cup	7	Tomato sauce, spaghetti sauce, marinara, or paste	1/2 cup	18
Margarine-blend, tub or stick	1 tbsp.	13-15	Tuna, light, canned in oil	3 oz.	6
Mixed Nuts without peanuts	1 oz.	5			

Vitamin K Free Foods (less than 5 mcg)

Food	Serving	Food	Serving
Bread and cereals, couscous, quinoa, rice or noodles	1 oz. or 1/2 cup	Mayonnaise, Light	1 tbsp.
Cheese, all types	1 oz.	Nuts, not listed elsewhere	1 oz.
Eggs	1 large	Oils, not listed elsewhere	1 tbsp.
Fish and shellfish not listed elsewhere	3 oz.	Papaya	1 cup in 1" pieces
Fruit: whole, canned, or juice, not listed elsewhere	1 each or 1/2 cup	Seeds: pumpkin, sunflower, sesame	2 tbsp.
Meat and poultry, all types	1 oz.	Vegetables, and vegetable juice not listed elsewhere	1/2 cup
Milk and dairy products, all type	1 cup (8 oz.)	Sauces or gravies	1/2 cup

Nutrient Data Source: U.S. Department of Agriculture, USDA National Nutrient Database for Standard Reference Release updated April 24,2018.

Important Things to Remember:

- Pay attention to serving sizes. If you eat more than one serving of a moderate vitamin K food, it may equal the same content as one high vitamin K food.
- Unless otherwise noted, all foods are cooked; vegetables are cooked from fresh, and fruit is raw.
- The actual values of foods listed can vary depending on how the food was processed. For example, vegetables that are cooked from frozen may have a higher vitamin K amount.
- Keep your vitamin K intake the same each week. Any changes in your diet should be discussed with your doctor and pharmacist.