



## Vitamin K Content of Foods

### High Vitamin K Foods (more than 100 mcg)



Food	Serving	mcg	Food	Serving	mcg
Broccoli	1/2 cup	110	Greens, turnip, frozen	1/2 cup	425
Brussels sprouts	1/2 cup	150	Kale, fresh or frozen	1/2 cup	550
Endive, raw	1 cup	116	Kale, raw	1/2 cup	274
Greens, beet	1/2 cup	350	Onions, green or scallion	1/2 cup	103
Greens, collard	1/2 cup	418	Parsley, raw	10 sprigs	164
Greens, collard, frozen	1/2 cup	530	Spinach	1/2 cup	444
Greens, mustard	1/2 cup	210	Spinach, raw	1 cup	145
Greens, turnip	1/2 cup	265	Swiss chard	1/2 cup	287

### Moderate Vitamin K Foods (25-100 mcg)

Food	Serving	mcg	Food	Serving	mcg
Asparagus	5 spears	38	Lettuce, green leaf	1 cup	97
Asparagus, frozen	1/2 cup	72	Lettuce, romaine	1 cup	57
Broccoli, raw	1/2 cup	45	Noodles, spinach	1/2 cup	81
Cabbage, coleslaw	1/2 cup	37	Okra, frozen	1/2 cup	44
Cabbage, green	1/2 cup	82	Prunes, dried	5 each	25
Dried peas, black-eyed	1/2 cup	32	Tuna, light, canned in oil	3 oz.	37
Kiwi fruit	1 medium	31	Watercress, raw	1 cup	85

## Low Vitamin K Foods (less than 25 mcg)



Food	Serving	mcg	Food	Serving	mcg
Artichoke	1 medium	18	Nuts, pine, cashews	1 oz.	15
Avocado, raw	1 oz.	6	Oil, olive	1 tbsp	8
Beans, green or yellow	1/2 cup	10	Oil, soybean, canola, salad type	1 tbsp	10-25
Blackberries or blueberries	1/2 cup	14	Papaya	1 medium	8
Cabbage, raw	1/2 cup	21	Parsley, dried	1 tbsp	18
Carrots and carrot juice	1/2 cup	11-18	Pear	1 medium	8
Cauliflower	1/2 cup	9	Peas, green	1/2 cup	19
Celery, raw	1/2 cup	18	Pickles, dill or kosher	1 spear	14
Cucumber, with peel	1/2 cup	9	Salad dressings	1 tbsp	15
Dried beans and peas, most types	1/2 cup	5-9	Sauerkraut	1/2 cup	16
Grapes	1/2 cup	12	Seeds, pumpkin	1 oz.	13
Lettuce, iceberg	1 cup	13	Soy beans	1/2 cup	16
Mango	1 medium	9	Soy milk	1 cup	7
Margarine-blend, tub or stick	1 tbsp	13-15	Tomato, raw	1 medium	10
Mayonnaise	1 tbsp	6	Tomato sauce: spaghetti, marinara, or paste	1/2 cup	17

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## Vitamin K Free Foods (less than 5 mcg)

Food	Serving	Food	Serving
Bread and cereal products	1 oz. or 1/2 cup	Fruit: whole, canned, or juice, not listed elsewhere	1 each or 1/2 cup
Cheese, all types	1 oz.	Nuts, not listed elsewhere	1 oz.
Eggs	1 large	Seeds, sunflower	2 tbsp
Fish and shellfish not listed elsewhere	3 oz.	Vegetables, and vegetable juice not listed elsewhere	1/2 cup
Meat and poultry, all types	1 oz.	Milk and dairy products, all type	1 cup (8 oz.)

Nutrient Data Source: U.S. Department of Agriculture, USDA National Nutrient Database for Standard Reference, Release 21: accessed April 9, 2009.

### Important Things to Remember:

- Pay attention to serving sizes. If you eat more than one serving of a moderate high vitamin K food, it may equal one high vitamin K food.
- Unless otherwise noted, all foods are cooked; meat is roasted, fish is cooked with dry heat, 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.



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