

## Food Sources of Vitamin K

### Information about Vitamin K

- Vitamin K helps to make proteins that cause your blood to clot when you are bleeding. People who take warfarin (Coumadin®) blood thinning medication should aim for about the same amount of vitamin K each day.
- Vitamin K is a fat soluble vitamin. You need some vitamin K every day for good health.
- Vitamin K helps build and activate proteins that keep your bones strong.

### How much Vitamin K do I need?

Age in Years	Daily Vitamin K needs (mcg/day)	Don't Exceed* (mcg/day)
Men 19 and older	120 mcg	An upper limit for Vitamin K has not been established
Women 19 and older	90 mcg	
Pregnant Women 19 and older	90 mcg	
Breastfeeding Women 19 and older	90 mcg	

\*Very high amounts of vitamin K supplements could still have side effects.

### Vitamin K content of some common foods:

Green leafy vegetables are the best sources of vitamin K. The following table shows you which foods are sources of vitamin K.

Food	Serving	Vitamin K (mcg)
<b>Vegetables</b>		
Kale, cooked	125 mL (½ cup)	550
Parsley, raw	125 mL (½ cup)	520

This information is not meant to replace advice from your medical doctor or individual counseling with a registered dietitian. It is intended for educational and informational purposes only.

<b>Food</b>	<b>Serving</b>	<b>Vitamin K (mcg)</b>
Collards or spinach, cooked	125 mL (½ cup)	480
Beet or turnip greens, cooked	125 mL (½ cup)	350
Mustard greens, cooked	125 mL (½ cup)	210
Green or scallion onions, raw	250 mL (1 cup)	210
Spinach, raw	250 mL (1 cup)	140
Brussels sprouts, cooked	125 mL (½ cup)	130
Endive, raw	250 mL (1 cup)	120
Broccoli, cooked	125 mL (½ cup)	100
Dandelion greens	125 mL (½ cup)	100
Green leaf lettuce	250 mL (1 cup)	100
Coleslaw	250 mL (1 cup)	80
Sauerkraut	125 mL (½ cup)	70
Asparagus, cooked	125 mL (½ cup)	60
Romaine or Butter lettuce	250 mL (1 cup)	60
Broccoli, raw	125 mL (½ cup)	45
Cabbage, cooked	125 mL (½ cup)	40
Cabbage, raw	250 mL (1 cup)	40
Seaweed	125 mL (½ cup)	30
Green peas, cooked	125 mL (½ cup)	20

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Food	Serving	Vitamin K (mcg)
<b>Fruit</b>		
Rhubarb	125 mL (½ cup)	40
Kiwi	1 medium fruit	31
Avocado	½ fruit	20
Blueberry	125 mL (½ cup)	20
<b>Grain Products</b>		
Spinach egg noodles, cooked	125 mL (½ cup)	80
All other grains	This food group contains very little of this nutrient	
<b>Milk and Alternatives</b>	This food group contains very little of this nutrient	
<b>Meat and Alternatives</b>		
Soybeans, roasted	175 mL (¾ cup)	50
Tuna, light, canned with oil	75 g (½ cup)	33
Soybeans, boiled	175 mL (¾ cup)	25

Source: Canadian Nutrient File [www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/nutrient\\_value-valeurs\\_nutritives\\_e.html](http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/nutrient_value-valeurs_nutritives_e.html). accessed December 30, 2008.

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