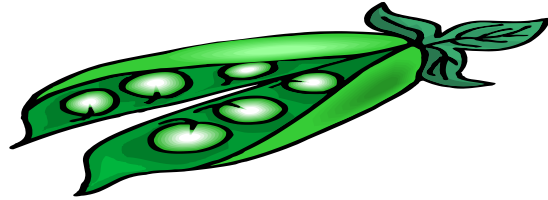


VITAMIN K FOOD LIST

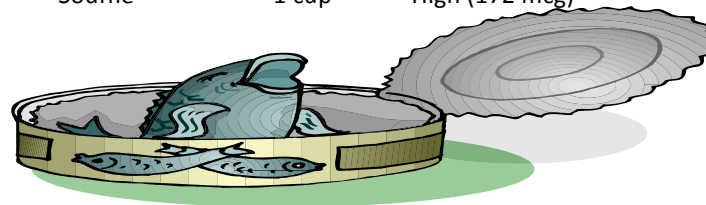
The amount of vitamin K in food may affect therapy with Coumadin. Eat a normal, balanced diet maintaining a consistent amount of vitamin K. Recommended daily intake of vitamin K for adults is 90-120mg¹. All foods are acceptable; however, avoid drastic changes in dietary habits. It is important to check with your healthcare provider before making any major changes in your diet. In general, leafy green vegetables, certain legumes and vegetable oils, and organ meats contain high amounts of vitamin K. Foods that do not appear on the following list appear to be low in vitamin K.



VEGETABLES

Asparagus	7 spears	Medium (60 mcg)
Avocado	1 large	Medium (6 mcg/oz)
Black-eyed peas	1 cup	Medium (44 mcg)
Broccoli		
Cooked	1 cup	High (110 mcg)
Raw	1 cup	High (90 mcg)
Brussels sprouts	2 sprouts	High (120 mcg)
Cabbage (cooked)		
Chinese	1 cup	Medium (58 mcg)
Green	1 cup	Medium (73 mcg)
Red	1 cup	Low (27 mcg)
Carrot juice (canned)	1 cup	Medium (37 mcg)
Celery		
Raw	1 cup	Medium (35 mcg)
Cooked	1 cup	Medium (57 mcg)
Cucumber w/peel	1 large	Medium (49mcg)
Endive	1 cup	High (116 mcg)
Fast Foods		
Coleslaw	¾ cup	Medium (56 mcg)
Greens (cooked)		
Beet greens	2 Tbl	High (87 mcg)
Collard greens	2 Tbl	High (105 mcg)
Dandelion greens	½ cup	High (102 mcg)
Kale	2 Tbl	High (143 mcg)
Mustard greens	¼ cup	High (105 mcg)
Turnip greens	2 Tbl	High (105 mcg)

Lettuces		
Butter	1 head	High (163 mcg)
Iceberg	1 head	8 mcg
Green leaf	1 cup	High (97 mcg)
	1 leaf	17 mcg
Romaine	1 cup	High (58 mcg)
	1 leaf	10 mcg
Okra (cooked)	1 cup	High (88 mcg)
Onions-scallions	1 cup	High (207 mcg)
	1 whole	Medium (31 mcg)
Parsley	10 sprigs	High (164 mcg)
Peas		
Edible pod	1 cup	Medium (48 mcg)
Peas, green	1 cup	Medium (38 mcg)
Sauerkraut	1 cup	High (135 mcg)
Seaweeds		
Dulse (dried)	3.5 oz	High (1700 mcg)
Rockweed	3.5 oz	High (1700 mcg)
Seagrass	3.5 oz	High (246 mcg)
Sea lettuce	3.5 oz	Medium (68 mcg)
Soybeans (cooked)	1 cup	Medium (33 mcg)
Sprouts		
Alfalfa sprouts	1 cup	Low (10 mcg)
Mung beans	1 cup	Medium (35 mcg)
Spinach		
Cooked	2 Tbl	High (128 mcg)
Raw	1 cup	High (145 mcg)
Souffle	1 cup	High (172 mcg)



MISCELLANEOUS

Fish		
Tuna (oil pack)	3 oz	Medium (37 mcg)
Tuna (water pack)	3 oz	Low (2 mcg)
Fruit		
Blueberries (frz)	1 cup	Medium (41 mcg)
Grapes, table	1 cup	Medium (23 mcg)
Kiwi	1 med	Medium (31 mcg)
Plums (dried)	1 cup	Medium (65 mcg)
Pumpkin	1 cup	Medium (40 mcg)
Rhubard	1 cup	Medium (71 mcg)
Meal		
Replacements		
Boost, SlimFast		
Ensure	1 cup	Medium (30 mcg)
Meat		
Beef liver	3.5 oz	High (104 mcg)
Chicken liver	3.5 oz	Medium (80 mcg)
Noodles (spinach)	1 cup	High (162 mcg)
Oils		
Olive	1 Tbls	8 mcg
Sesame	1 Tbls	1.8 mcg
Soybean	1 Tbls	3.4 mcg
Mayonnaise	1 Tbls	12 mcg
Sauces		
Marinara	1 cup	Medium (35 mcg)

¹National Institute of Health www.nlm.nih.gov