

Food Sources of Vitamin K

Information About Vitamin K

- | Vitamin K is a fat soluble vitamin. You need some vitamin K every day for good health.
- | Vitamin K helps your blood to clot when you are bleeding. People who take warfarin (Coumadin®) should aim for about the same amount of vitamin K each day. Warfarin is a blood thinning medication.
- | Vitamin K also helps to build strong bones.
- | There are two forms of vitamin K: vitamin K1 and vitamin K2.
 - | Vitamin K1 is mostly found in plants and is our main dietary source of vitamin K.
 - | Vitamin K2 is found in fermented foods and in some meats and cheeses. It is also made by our body from vitamin K1 in the food we eat.

How Much Vitamin K Should I Aim For?

<i>Age in Years</i>	<i>Aim for vitamin K intake of micrograms (mcg)/day</i>	<i>Stay below* mcg/day</i>
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 lists foods sources of vitamin K.

<i>Food</i>	<i>Amount</i>	<i>Vitamin K (mcg)</i>
Vegetables		
Kale, cooked	125 mL (½ cup)	561
Kale, raw, chopped	250 mL (1 cup)	499
Spinach, cooked	125 mL (½ cup)	469
Dandelion greens, raw, chopped	250 mL (1 cup)	452
Mustard greens, cooked, chopped	125 mL (½ cup)	438
Collards, cooked, chopped	125 mL (½ cup)	408
Beet greens, cooked	125 mL (½ cup)	368
Swiss chard, raw	250 mL (1 cup)	316
Dandelion greens, cooked	125 mL (½ cup)	306
Swiss chard, cooked	125 mL (½ cup)	303
Turnip greens, cooked	125 mL (½ cup)	280
Parsley, raw	60 mL (¼ cup)	260
Broccoli raab (rapini), cooked	125mL (½ cup)	169
Collards, raw, chopped	250 mL (1 cup)	166
Beet greens, raw	250 mL (1 cup)	161
Lettuce, spring mix (mesclun), raw	250 mL (1 cup)	154

Spinach, raw	250 mL (1 cup)	153
Endive and escarole, raw, chopped	250 mL (1 cup)	122
Brussel sprouts, cooked	4 sprouts	118
Broccoli, cooked	125 mL (½ cup)	116
Radicchio, raw, shredded	250 mL (1 cup)	108
Lettuce, green leaf, raw, shredded	250 mL (1 cup)	103
Broccoli, raw, chopped	250 mL (1 cup)	94
Watercress, raw, chopped	250 mL (1 cup)	90
Cabbage, shredded, cooked	125 mL (½ cup)	86
Bean sprouts, soybean, raw	125 mL (½ cup)	70
Lettuce, romaine, raw, shredded	250 mL (1 cup)	61
Lettuce, butterhead (boston), raw, shredded	250 mL (1 cup)	60
Cabbage, raw, shredded	250 mL (1 cup)	56
Green or scallion onion, raw, chopped	60 mL (¼ cup)	55
Asparagus, cooked	6 spears	46
Fruit		
Kiwifruit	1 medium fruit	28
Rhubarb, cooked	125 mL (½ cup)	27
Blueberry, frozen	125 mL (½ cup)	22

Avocado	½ fruit	21
Other		
Spinach egg noodles, cooked	125 mL (½ cup)	86
Pork liver	75 g (2 ½ oz)	66
Sausage (pork, veal)	75 g (2 ½ oz)	53
Tuna, light, canned with oil	75 g (2 ½ oz)	33
Soybeans, cooked	175 mL (¾ cup)	24
Matcha green tea powder	2 g of tea powder per 1 cup tea	60

Source: Canadian Nutrient File <https://food-nutrition.canada.ca/cnf-fce/index-eng.jsp>
Accessed November 2018.



Additional Resources

For information and advice based on your specific food and nutrition needs and preferences, call 8-1-1 and ask to speak to a HealthLink BC dietitian.

For additional information, see the following resources:

- 1 HealthLink BC www.healthlinkbc.ca – Get medically approved non-emergency health information.
- 1 Dietitian Services Fact Sheets - Available by mail (call 8-1-1) or visit www.healthlinkbc.ca/healthy-eating

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Notes

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