

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®) blood thinning medication should aim for about the same amount of vitamin K each day.
- | 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 the vitamin K1 in the food we eat.

How Much Vitamin K Should I Aim For?

Age in Years	Aim for vitamin K intake of micrograms (mcg)/day	Stay below* 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	Amount	Vitamin K (mcg)
Vegetables		
Kale, raw, chopped	250 mL (1 cup)	578
Kale, cooked	125 mL (½ cup)	561
Spinach, cooked	125 mL (½ cup)	469
Dandelion greens, raw, chopped	250 mL (1 cup)	452
Collards, cooked	125 mL (½ cup)	442
Beet greens, cooked	125 mL (½ cup)	368
Swiss chard, raw, chopped	250 mL (1 cup)	315
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), 16 sprigs	260
Mustard greens, cooked	125 mL (½ cup)	222
Collards, raw, chopped	250 mL (1 cup)	194
Broccoli raab (rapini), cooked	125mL (½ cup)	169
Beet greens, raw	250 mL (1 cup)	161

Food	Amount	Vitamin K (mcg)
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, chopped	250 mL (1 cup)	90
Cabbage, shredded, cooked	125 mL (½ cup)	86
Bean sprouts, 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

Food	Amount	Vitamin K (mcg)
Fruit		
Kiwifruit	1 large fruit	37
Rhubarb, cooked	125 mL (½ cup)	27
Blueberry	125 mL (½ cup)	22
Avocado	½ fruit	21
Grain Products		
Spinach egg noodles, cooked	125 mL (½ cup)	86
All other grains	This food group contains very little of this nutrient	
Milk and Alternatives	This food group contains very little of this nutrient	
Meat and Alternatives		
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
Other		
Matcha green tea powder	2 g of tea powder per 1 cup tea	60

Source: Canadian Nutrient File www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php

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Notes

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