

# VITAMIN K CONTENT OF COMMON FOODS

Key: Low = ok! Med = eat only in moderation. High = WATCH OUT!

<b>Beverages</b>	<b>SERVING SIZE</b>	<b>VIT K CONTENT (µg/100gm)</b>	<b>VIT K CONTENT (High/Med/Low)</b>
Coffee	N/A		Low
Soda	12 oz		Low
Fruit Juice	8 oz		Low
Milk	8 oz		Low
Tea (black)			Low
Water (tap)	8 oz		Low

<b>Meat/Eggs/Cheese</b>	<b>SERVING SIZE</b>	<b>VIT K CONTENT (µg/100gm)</b>	<b>VIT K CONTENT (High/Med/Low)</b>
Cheddar Cheese	3.5 oz	2.1	Low
Eggs	2 large eggs	0.3	Low
Beef	3.5 oz	2.4	Low
Chicken Breast	3.5 oz (roasted)	<0.01	Low
Ham	3.5 oz	<0.01	Low
Mackerel	3.5 oz	5	Low
Pork	3.5 oz	3.1	Low
Shrimp		<0.01	Low
Tuna	3.5 oz	0.03	Low
Turkey Breast	3.5 oz (roasted)	<0.01	Low

<b>Condiments/Oils/Fats</b>	<b>SERVING SIZE</b>	<b>VIT K CONTENT (µg/100gm)</b>	<b>VIT K CONTENT (High/Med/Low)</b>
Sugar	½ cup white sugar	<0.01	Low
Butter			Low
Sour Cream	8 Tbsp	1	Low
Jell-O	1/3 cup	0.02	Low
Pickle (dill)	1.5 large pickle	13	Low
Yogurt	3.5 oz	3.0	Low
Margarine	7 Tbsp		Med
Mayonnaise	7 Tbsp		High
Oils (Canola, Salad, Soybean)	7 Tbsp	140-190	High
Oils (Olive)	7 Tbsp	28	Low
Oils (Peanut, safflower, sunflower, corn, sesame)	7 Tbsp	3-15	Low
Honey	5 Tbsp	<0.01	Low
Peanut Butter	6 Tbsp	0.3	Low

<b>Breads/Grains</b>	<b>SERVING SIZE</b>	<b>VIT K CONTENT (µg/100gm)</b>	<b>VIT K CONTENT (High/Med/Low)</b>
Bagel (plain)	2 bagels (100g)	0.4	Low
Bread		1-8	Low
Cereal	3.5oz		Low
Flour	¾ cup	0.6	Low
Oatmeal	½ cup	0.4	Low
Rice	½ cup	<0.01	Low
Saltines	33 crackers	3.6	Low
Pancakes	three 4" pancakes	6.5	Low
Spaghetti	3.5 oz	0.2	Low

<b>Fruit</b>	<b>SERVING SIZE</b>	<b>VIT K CONTENT (µg/100gm)</b>	<b>VIT K CONTENT (High/Med/Low)</b>
Apple (green)	Small apple	60	Med
Apple (red)	Small apple	20	Low
Banana	1 medium	0.2	Low
Blueberries	½ cup	6	Low
Cantaloupe	2/3 cup (raw)	0.4	Low
Grapes	1 cup	8.3	Low
Grapefruit	½ medium	<0.01	Low
Lemon	2 medium	0.2	Low
Orange	¾ medium	<0.01	Low
Peach	1 medium	2.1	Low

<b>Vegetables</b>	<b>SERVING SIZE</b>	<b>VIT K CONTENT (µg/100gm)</b>	<b>VIT K CONTENT (High/Med/Low)</b>
Asparagus	7 spears	80	Med
Avocado	1 small		Med
Beans (green)	¾ cup	16	Low
Broccoli	½ cup	113	High
Brussels Sprouts	5 sprouts	289	High
Cabbage	2/3 cup fresh boiled	98	Med
Cabbage (red)	2/3 cup		Med
Carrot	2/3 cup fresh boiled	15	Low
Cauliflower	½ cup	20	Low
Celery	2.5 stalks	32	Low
Cole Slaw	¾ cup	100	High
Collard Greens	½ cup boiled	440	High
Corn	2/3 cup	0.3	Low
Cucumber w/o peel	1 cup	2.2	Low
Eggplant	1 cup	2.9	Low

Endive (raw)	2 cups chopped	231	High
Green Scallion (raw)	2/3 cup chopped	207	High
Kale (raw leaf)		817	High
Lettuce (raw, bib, red leaf)		210	High
Lettuce (iceberg, raw)		31	Low
Mushroom	1 1/3 cup	0.06	Low
Mustard greens (raw)	1 1/2 cups		High
Okra (fresh/frozen, boiled)	1/2 cup	40	Med
Onion (white)	2/3 cup chopped	0.3	Low
Parsley	1 1/2 cup raw leaf	540	High
Peas (green, cooked)	1/2 cup	24	Low
Pepper (green, raw)	1 cup chopped	2.5	Low
Potato w/ skin	1/2 potato baked	1.1	Low
Pumpkin			Low
Sauerkraut	1/2 cup canned	13	Low
Spinach (raw leaf)	1/2 cup boiled	360	High
Tomato	1 red tomato raw	3	Low
Turnip greens (raw)			High
Watercress (raw)	3 cups	250	High

Remember, while it is important not to eat too much Vitamin K when taking coumadin, it is also just as important to eat CONSISTENTLY!!! Try to eat the same amount of vitamin K each week and make sure to notify your Doctor if you have any changes in your diet!