

# Vitamin K Content of Foods

<b>Food Group</b>	<b>Low Vitamin K (less than 10 mcg )</b>	<b>Moderate Vitamin K (10-50 mcg)</b>	<b>High Vitamin K (50 mcg or above)</b>
<b>Vegetables</b>	<b>Squash</b> , cooked, 1 cup <b>Bell Peppers</b> , 1 med <b>Potato</b> , 1 med <b>Corn, yellow</b> , 3 oz <b>Sweet potato</b> , 1 cup <b>Eggplant</b> , boiled, 1 cup <b>Onions</b> , raw, 1 cup <b>Turnips</b> , boiled, 1 cup <b>Mushroom</b> , cooked, 1 cup <b>Seaweed (green)</b> , dried, 1oz <b>Tomato</b> , 1 med	<b>Green Peas</b> , boiled, 1 cup <b>Scallions</b> , raw, 1 cup <b>Cabbage, red</b> , raw, 1 cup <b>Carrot</b> , boiled, 1 cup <b>Cucumber</b> , raw, 1 cup <b>Lettuce</b> , raw, 1 cup <b>Green Beans</b> , boiled, 1 cup	<b>Kale</b> , boiled, 1 cup <b>Spinach</b> , boiled, 1 cup <b>Mustard Greens</b> , boiled, 1cup <b>Broccoli</b> , boiled, 1 cup <b>Parsley</b> , raw, ¼ cup <b>Asparagus</b> , boiled, 1 cup <b>Cabbage, green</b> , boiled, 1 cup <b>Chinese Cabbage</b> , boiled, 1 cup <b>Celery</b> , boiled, 1 cup <b>Seaweed (purple)</b> , dried, 1 oz
<b>Fruit</b>	<b>Most Fruits</b>	<b>Kiwi fruit</b> , 1 medium <b>Grapes</b> , 1cup <b>Avocado</b> , 3 oz <b>Dried prunes</b> , 5 pc	
<b>Breads, Cereals &amp; Grain Products</b>	<b>Rice</b> , cooked, 1 cup <b>Spaghetti</b> , cooked, 1 cup <b>Noodles</b> , cooked, 1 cup <b>Cereals</b> , 1 cup <b>Breads</b> , 1 slice		
<b>Meats, Poultry, Fish &amp; Protein Foods</b>	<b>Dried beans</b> , boiled, 1 cup <b>Meat, Chicken, Fish</b> , 3.5oz <b>Nuts</b> , 1 oz <b>Egg</b> , 1 large <b>Tofu</b> , 4 oz		
<b>Milk &amp; Milk Products</b>	<b>All milk, cheese, yogurt</b>		
<b>Other</b>		<b>Canola oil</b> , 1 tbsp <b>Soybean oil</b> . 1 tbsp <b>Salad dressing</b> , 1 tbsp	<b>Green tea</b> , dry leaves, 1 oz

**Note: Vitamin K helps to clot the blood. Patients on blood thinning or anti-clotting medications should limit their daily intake of high vitamin K foods**

**Reference:** [www.nutrition.gov](http://www.nutrition.gov)