

Vitamin K Content of Foods

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