

# VITAMIN K FOOD LIST

## FOODS

H = High  
M = Medium  
L = Low

## VIT. K CONTENT

BEVERAGES	
Coffee – caffeinated, brewed; decaffeinated, instant	L
Cola – regular & diet	L
Fruit Juices – assorted types	L
Milk	L
Tea – black, brewed; green, brewed	L
Water – tap	L

GRAIN PRODUCTS	
Bagel – plain	L
Bread – assorted types	L
Cereal – assorted types	L
Flour – assorted types	L
Oatmeal – instant dry	L
Rice – white	L
Spaghetti – dry	L

DAIRY PRODUCTS	
Butter	L
Cheddar Cheese	L
Sour cream	L
Yogurt	L
Eggs	L

FRUITS	
Apple	L
Banana	L
Blueberries	L
Cantaloupe	L
Grapes	L
Grapefruit	L
Lemon	L
Orange	L
Peach	L

MEATS	
Beef	L
Chicken	L
Ham	L
Mackerel	L
Pork	L
Shrimp	L
Tuna	L
Turkey	L

CONDIMENTS & SWEETENERS	
Honey	L
Jell-O Gelatin	L
Peanut Butter	L
Pickle – dill	M
Sugar – white, granulated	L

## FOODS

PORTION  
SIZE

VIT. K  
CONTENT

FATS & DRESSINGS		
Margarine	7 Tbsp	M
Mayonnaise	7 Tbsp	H
Oils – canola, salad, soybean	7 Tbsp	H
Oils – olive	7 Tbsp	M
Oils – corn, peanut, safflower, sesame, sunflower	7 Tbsp	L

VEGETABLES		
Asparagus	7 spears	M
Avacado	1 small	M
Beans – green	¾ cup	L
Broccoli	½ cup	H
Brussels Sprouts	5 sprouts	H
Cabbage	1 ½ cups	H
Cabbage – red	1 ½ cups	M
Carrot	2/3 cup	L
Cauliflower	1 cup	L
Celery	2 ½ stalks	L
Collard Greens	½ cup	H
Corn	2/3 cup	L
Cucumber – peel removed	1 cup	L
Eggplant	1 ¼ cups	L
Endive – raw	2 cups	H
Green scallion – raw	2/3 cup	H
Kale – raw leaf	¾ cup	H
Lettuce – raw, bib, red leaf	1 ¾ cups	H
Lettuce – iceberg, raw	5 leaves	M
Mushroom	1 ½ cups	L
Mustard greens – raw	1 ½ cups	H
Onion		L
Parsley	1 ½ cups chopped	H
Peas – green, cooked	2/3 cup	M
Pepper – green, raw		L
Potato		L
Pumpkin		L
Sauerkraut – canned	½ cup	L
Spinach – raw leaf	1 ½ cups	H
Tomato		L
Turnip greens – raw	1 ½ cups chopped	H
Watercress – raw	3 cups chopped	H

The amount of Vitamin K in food may affect therapy with Coumadin (Warfarin Sodium). Eat a normal, balanced diet maintaining a consistant amount of Vitamin K. All foods are acceptable, however, avoid drastic changes in dietary habits. It is important to check with your health care provider before making any major changes in your diet. **It is important to be consistant with Vitamin K intake rather than avoid Vitamin K.**