

August 15, 2011

## **Vitamin K Content**

**(Content is listed in vitamin K micrograms/ounce)**

<b>Food Item</b>	<b>Vitamin K in micrograms/ounce</b>
Abalone, mixed species, raw	6.4
Algae, green 1 average	1.12
Algae, purple 1 average	387.8
Alfalfa seeds, sprouted, raw	8.65
Almond extract	Trace
Almond oil	1.96
Amaranth leaf, raw	319.2
Apple peel, green	16.8
Apple peel, red	5.6
Apples, red, raw	0.504
Apples, without skin, raw	0.17
Apricots, canned	0.6
Apricots, dried, sulfured, uncooked	0.88
Apricots, raw	0.924
Artichoke, raw	3.92
Artichoke, cooked	4.2
Asatsuki, leaf	53.2
Ashitaba, leaf	165.2
Asparagus, canned, drained, solids	11.71
Asparagus, raw	11.4
Avocado, peeled	11.2
Bagels, plain, onion, poppy, sesame	0.1
Bagels, cinnamon raisin	0.2
Bakers yeast	0
Baking chocolate	2.7
Baking powder	0
Baking soda	0
Bamboo shoots	0
Banana, raw	0.14
Barley flour	0.28
Barley, pearled, cooked	0.23
Barley, pearled, raw	0.62
Basella raw leaf	44.8
Basil, dried	1 tsp = 12 mcg
Beans, baked, canned	0.2
Beans, kidney, red, canned	1.16
Beans, kidney, red, cooked	0.94
Beans, navy, dry	0.71

Beans, navy, cooked	0.17
Beans, pinto, cooked	1.0
Beans, snap, green, canned, drained	2.81
Beans, snap, green, raw	4.08
Beans, snap, yellow, canned, drained	2.81
Beans, snap, yellow, raw	4.54
Beef, all types	0.5
Beef, veal cutlet, pan-cooked	1.85
Beefsteak, loin, pan-cooked	0.5
Beer	Trace
Beet greens, boiled, drained	137.21
Beets, all types	0.06
Bell tree dahlia, cooked leaf	310.8
Bell tree dahlia, raw leaf	176.4
Blackberries, raw	5.61
Blueberries, canned heavy syrup	1.68
Blueberries, raw	5.47
Bologna	0.084
Bran flakes	0.56
Braunschweiger	0.45
Bread, assorted types	0.84
Bread, cracked wheat	0.98
Bream, white	0.945
Bresaola	2.03
Broccoli, boiled and drained	56
Broccoli, raw	35.2
Brussels sprouts, fresh/frozen, boiled	81
Brussels sprouts, raw	49.6
Brussels sprouts, top leaf	122.6
Buckwheat flour, whole groat	1.98
Buckwheat groats, roasted, cooked	0.54
Bulgur, cooked	0.1
Bulgur, dry	0.5
Butter, regular (salted)	1.96
Buttermilk curd, cow	1.42
Cabbage, Chinese (pak-choi), boiled, drained	9.5
Cabbage, fresh, boiled	13.86
Cabbage, raw	23.6
Cabbage, red raw	10.83
Cabbage, Savoy, raw	19.3
Cabbage, turnip, raw	0.56
Cake mixes	Vit K content varies depending on what oil is used
Carambola (starfruit), raw	0

Caramel candy	0.48
Carob flour	0
Carrots, boiled, drained	3.8
Carrots, canned, drained, solids	2.78
Carrots, raw	2
Casein	0.008
Catsup	0.79
Cauliflower, fresh/frozen, boiled	3.91
Cauliflower, raw	4.54
Celery, boiled, drained	10.72
Celery, raw	4.24
Celery seed	0
Chayote leaf, cooked	75.6
Chayote leaf, raw	56
Cheese, various	0.1 – 1.89
Cherries, sweet and sour, raw	0.6
Chicken, whole	1.29
Chicken breast, roasted	0
Chickpeas (garbanzo beans), boiled	1.1
Chili powder	1 tsp = 2.6 mcg vitamin K
Chingentsuai, raw green	33.6
Chives, raw	60.3
Chocolate syrup	0.09
Chrysanthemum, garland raw	98
Cinnamon	1 tsp = 0.7 mcg vitamin K
Clam	0.056
Coconut meat	0.06
Coffee	Trace
Cola, carbonated beverage	0.006
Collards, boiled, drained	124.7
Coriander, cooked leaf	422.8
Coriander, raw leaf	86.8
Corn, all types	0.09
Cornstarch	0
Cowpeas (blackeyes), immature seeds, boiled, drained	7.54
Cowpeas (blackeyes), common mature seeds, raw	1.42
Cream of tartar	0
Cream, half and half	0.364
Cream, sour cultured	0.28
Cucumber skin, raw	100.8
Cucumber, peeled raw	2.4
Curry powder	1 tsp = 2 mcg vitamin K
Eel, mixed species, raw	0.006

Dandelion greens	54.3
Dates	0.8
Duck, domesticated, meat only, roasted	1.1
Egg noodles, boiled	0.025
Eggnog	0.1
Eggplant, fresh, boiled	0.812
Eggplant, raw	0.14
Egg, white	0
Egg, whole, raw	0.1
Egg, yolk	0.2
Endive, raw	64.7
Figs, dried, uncooked	4.3
Fish, various	0 – 4.819
Flour, wheat, all-purpose	0.168
Flour, white	0.09
Frankfurters, chicken/beef/pork	0.5
Garlic powder	0
Garlic, raw	0.4
Gelatin dessert, any flavor	0
Ginger ale	Trace
Grapes, red or green, raw	4.1
Grits, corn regular, cooked	Trace
Ham	0
Honey	0.006
Horseradish	0.5
Ice cream, chocolate or vanilla	0.1
Kaiwaredaikon, raw leaf	22.4
Kale, boiled, drained	231.6
Kale, raw leaf	231
Kiwi fruit	7.78
Kohlrabi, boiled, drained	0
Komatsuna raw leaf	78.4
Lamb, all types	1.2
Leek, raw	3.9
Lemon	0
Lentils, boiled	0.48
Lentils, raw	3.48
Lettuce: butter head, cos or romaine, raw	28.7
Lettuce, Greenleaf, raw	49.2
Lettuce, iceberg, raw	6.83
Lettuce, red leaf, raw	39.77
Lima beans, dry	1.68
Lima beans, immature, boiled	1.76
Lima beans, mature, boiled	0.57
Lime juice	0.14

Liver, beef, fried	1.11
Macaroni, boiled	0.014
Mackerel, Atlantic, raw	1.4
Malabar gourd leaf, raw	6.16
Mango, raw	1.2
Mayonnaise	Depends on oil used; check label for oil and vitamin K content
Melons, cantaloupe raw	0.71
Melons, honeydew, raw	0.82
Milk, buttermilk	0
Milk, canned, condensed, sweetened	0.2
Milk, canned, evaporated	0.14
Milk, dried, nonfat	0
Milk, dried, whole	0.51
Milk, low-fat (1% fat), fluid	0.03
Milk, skim	0
Milk, whole (3.25%)	0.06
Millet, uncooked	0.252
Mint leaf, cooked	240.8
Miso	8.53
Mituba, raw leaf and stalk	103.6
Mollusks, clam or oyster	0.1
Mung beans, boiled, drained	6.3
Mung beans, mature, raw	9.2
Mushroom, canned, cooked, raw, shiitake	0.03
Mushroom soup, canned, condensed	0.56
Mustard greens, raw	47
Mustard, yellow	0.62
Nectarines, raw	0.6
Nightshade leaf, cooked	196
Nightshade leaf, raw	173.6
Nuts, cashew	9.7
Nuts, chestnuts	2.2
Nuts, hazelnuts	4.0
Nuts, pecans	1.0
Nuts, pine nuts	15.3
Nuts, walnuts	0.8
Oat bran, raw	0.9
Oatmeal , quick (1-3 min), cooked	0.112
Octopus, common raw	0.02
Oil, canola	39.48
Oil, canola, treated	5.92
Oil, corn	0.84
Oil, olive	13.72
Oil, olive, treated	2.1

Oil, peanut	0.2
Oil, safflower	3.1
Oil, sesame	2.8
Oil, soybean	54
Oil, sunflower	2.5
Okra, boiled, drained	11
Olives, black	0.39
Onion powder	1 tsp = 0.1 mcg vitamin K
Onion, green scallion, raw	42
Onion, raw	0.56
Oranges	0.1
Oregano, dried	1 tsp = 14.9 mcg vitamin K
Osh, raw leaf	86.8
Pacific saury, raw	0.006
Papayas, raw	0.7
Paprika	1 tsp = 1.8 mcg vitamin K
Parsley, dried	1 tsp = 5.9 mcg vitamin K
Parsnips, cooked, boiled, drained	0.28
Peaches, raw	0.74
Pears, raw	1.28
Peas, canned, drained, solids	6
Peas, podded, boiled, drained	7
Pepper, black	1 tsp = 3.5 mcg vitamin K
Peppers, green raw	2.1
Peppers, hot chili, red or green	4
Peppers, jalapeno, canned	3.7
Peppers, jalapeno, raw	2.75
Peppers, sweet, green, boiled, drained	2.69
Peppers, sweet, green, raw	2.1
Peppers, sweet, red, boiled, drained	1.45
Peppers, sweet, red, raw	1.39
Perilla, raw leaf	182
Pickle relish, sweet	5
Pickles, dill cucumber	6.3
Pickles, sweet cucumber	21.69
Pimento, canned	2.3
Pineapple, fresh	0.2
Plantains, cooked or raw	0.2
Plums	2.61
Pork, all types	0
Potato	1.134
Potato, peeled	0.095
Potato, sweet, baked without skin	0.6
Potato, sweet, baked with skin	0.65
Prawn	0.008

Prunes, dried, stewed	7.3
Prunes, dried, uncooked	16.7
Pumpkin, canned	4.5
Pumpkin, boiled, drained	0.2
Purslane, raw	106.68
Rabbit	1.289
Radish, raw	0.37
Raisins	0.99
Raspberries, raw	2.2
Rhubarb, frozen	8.3
Rice, brown, cooked	0.2
Rice, white, cooked	0
Roctish, cooked leaf	117.6
Roctish, raw leaf	81.2
Rutabagas	0.09
Sake	Trace
Salami	0.4
Salt	.003
Samat cooked leaf	268.8
Samat, raw leaf	98
Sauerkraut solids and liquids, canned	16.2
Seaweed, kelp, raw	18.5
Seaweed, spirulina, dried	6
Seeds, pumpkin	13.4
Seeds, sunflower	0.8
Semolina	1.063
Sesame seeds, dried	0
Shrimp, boiled	Trace
Soy sauce	0
Soybeans, boiled	5.4
Soybeans, dry	13.16
Soybeans, roasted, salted	14.3
Spinach, canned, drained, solids	130.9
Spinach, fresh/frozen, boiled, drained	153
Spinach, leaf, raw	137
Squash, peel	12.3
Squash, peeled raw	0.84
Squid, mixed species raw	0.006
Strawberry	3.4
Swiss chard leaf, raw	232.4
Tangerine	0
Tea, brewed, green, black or herb	0
Tea leaves, black	73.4
Tea leaves, green	400
Thyme, dried	1 tsp = 15.4 mcg vitamin K

Tofu, regular raw	0.56
Tomatillos, raw	2.7
Tomato paste	3.23
Tomato puree	0.96
Tomato sauce, canned or bottled	0.79
Tomato soup, canned, condensed	0.91
Tomato, fresh	2
Tomato, green	2.86
Tomato, stewed, canned	0.68
Tomato, sun-dried	12.6
Top shell, raw	0.84
Turkey, white meat	0
Turkey, dark meat	1
Turnip greens, boiled, drained	102.9
Turnip greens, raw	70.28
Turnip, fresh/frozen, boiled	0.02
Turnips, raw	0.025
Vanilla	Trace
Veal	2
Water chestnuts	0
Watercress, raw	70
Watermelon, raw	0.056
Whiskey	Trace
Wine, dry table	Trace
Wine, table	0.001
Yams	0.74
Yellowtail, mixed species raw	0.022

**Vitamin K content was derived from the following sources:**

1. Desmarais R, Golden G, Beynon G. The Coumadin Cookbook. A Guide to Healthy Meals when Taking Coumadin. Fourth Ed. Marsh Publishing Co. 2005.
2. Dr. Gourmet: Coumadin and your diet. 2010 Timothy s. Harlan, M.D. [www.drgourmet.com](http://www.drgourmet.com)
3. United States Department of Agriculture. Human Nutrition Information Service HNIS/PT-104. Provisional Table on the Vitamin K Content of Foods. Nutrient Data Research Branch; Nutrition Monitoring Division.1994
4. MoonDragon's health and wellness: Nutrition- vitamins: vitamin K. <http://www.moondragon.org/health/nutritionbasics/vitamins/vitamink.html>