

Vitamin K Foods

Values are for 3 1/2 ounce servings

830 - 800 mcg

Swiss Chard

Kale

540 - 500 mcg

Parsley

440 - 400 mcg

Brussel Sprouts

Spinach

380 - 300 mcg

Purslane

270 - 200 mcg

Broccoli

Turnip Greens

Watercress

Endive

Lettuce Leaves

Spring Onions

170 - 100 mcg

Mustard Greens

Cabbage

Lettuce, Butterhead

Pistachio Nuts

Coleslaw

Values are for 3 1/2 ounce servings

50 - 100mcg

Soybeans

Beans, Snap

Cabbage, Red

Avocados

Asparagus

Soybeans

Dry Roasted Peas

Pickles, Dill

Kiwi Fruit

Sauerkraut

Pea Pods

Abalone

Lentils

Kidney Beans

Cucumber

Carrots

Peppers

Sweet Pumpkin

Leks

Artichoke

Celery

Plums

Miso

Peanut Butter

Coffee

Cauliflower

Pinto Beans

Potato Chips

Values are for 3 1/2 ounce servings

10 - 1 mcg

Tomato Sauce

Canned Tomatoes

Lima Beans

Bleubberries

Meatloaf

Mackerel

Cowpeas (Black Eyed)

Apricots

French Fries

Tomato Juice

Sweet Potatoes

Potatoes

Spaghetti Sauce

Cheddar Chees

Grapes

Squash

Oatmeal

Instant Brad

Peaches

Beets

Soy Milk

Tofu

Egg Yolk

Chili Con Carne

Bran Flakes

Puffed Wheat

Onions

Navy Beans

Saltine Crackers

Cranberry Sauce

White Rice

Parsnips

Sour Cream

Pretzels

Cantaloup Melon

Coumadin is prescribed to prevent blood clots and to thin the blood to flow more easily through the arteries. You should have a CONSISTENT intake of Vitamin K daily. Ask your doctor if you need to limit your Vitamin K Rich Foods. Foods which are high in Vitamin K are green & herbal teas, fish oil supplements,

meat tenderizer containing papain, soy bean oil and fried or boiled onions.
Also, large amounts of Vitamin A, E, K and C supplements may alter your
prothrombic (blood clotting) time.